STOP FAMILY VIOLENCE

A Community Awareness Month

"The Hinton Experience"

Prepared by:
The Hinton Society for the
Prevention of Family Violence

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I.

Introduction

The Hinton Society for the Prevention of Family Violence was formed in February 1986. In March of that same year, a proposal was submitted to Social Services and Community Health to fund a pilot project in Hinton called STOP Family Violence Month. The project was designed to be a public awareness/public education program. It would take place throughout the whole month of November.

In July, a co-ordinator was hired part-time, to organize the project. First, letters of introduction explaining the purpose of the project and a few of the major events, were sent out to town councils, provincial and municipal government agencies, non-profit organizations, medical and legal professionals, schools and police. This was followed up with appointments for those that desired more information. The next two months were spent contacting, co-ordinating and arranging. A timeline chart is enclosed.

The month of events are described in detail in the next section of the report. In December, thank you's were sent along with formal evaluations to agencies and professionals who participated. Results of the evaluation are given after each event (response) and an example of the evaluation form is included. People's comments, observations, level of parti_ipation and written comments from the evaluation form make up the "general comment" section.

In February, a volunteer recognition evening was planned to show the appreciation of the Society.

* *NOTE: On the evaluation form, a fourth category - no feedback - was given in case people did not attend activities. The no feedback category is not included in the evaluation package.*

Hinton Society for the Prevention
of Family Violence
Box 492
Hinton, Alberta
TOE lB0

August 13, 1986

Dear

A group of concerned citizens decided to form a Hinton Society for the Prevention of Family Violence. The groups goal is to raise community awareness regarding child abuse, wife abuse and elder abuse and to help facilitate services in the area of protection, rehabilitation and prevention.

This Society, being the only one of its kind in Alberta, was approached by Alberta Social Services and Community Health to see if there was an interest in piloting a public education project that was developed and operates yearly, in Kansas City. The Hinton Society for the Prevention of Family Violence has taken on this challenge. November 1986, has been declared STOP Family Violence Month in Hinton and throughout that time numerous public awareness/public education events are being planned.

I, Katherine Kennedy, have been contracted to organize and co-ordinate this project. Over the next couple of months, I may be contacting your organization to help lend a hand in making this project successful. Only by working together can we make a dent in the problems that are created in our community because of Family Violence. "Education means Prevention", is the philosophy of the Hinton Society for the Prevention of Family Violence and we believe that the project that is being spearheaded here for November will hopefully bring us closer to preventing Family Violence from happening at all.

Thank you for the anticipated help that I'm sure I will receive from your organization and please feel free to contact me if you have any questions and concerns or if you are interested in lending a hand at this time. I may be contacted at 865-2599.

Sincerely,

Katherine Kennedy
Co-Ordinator

KK:slb

II.

Promotional Items

A. PLACEMATS

We created a design for placemats that was set up as a calendar for November, "STOP Family Violence Month", highlighting the events that were occurring on each day throughout the month. Any blank space was filled with sketches depicting family violence. The blank placemats were purchased from Crown Paper, Edmonton. 20,000 at $401.90 total cost (including freight). We had them printed free of charge and a volunteer distributed them to the restaurants that requested them. (See attached package.)

Response: Formal Evaluation

Outstanding (8) Satisfactory (26) Needs Improvement (1)

General Comments:

One restaurant manager said "It was a creative means of advertising."
A group in Grande Cache contacted us to get information so they could produce something similar.
One person thought it was "tacky".

B. POSTERS

We had a local promotions company develop a picture or "symbol" to use on items through the month. We placed this symbol at the focal point of the poster then highlighted some of the major events that would be taking place throughout the month.

The original poster was non-professionally assembled then photocopied onto yellow poster paper. Volunteers distributed the posters throughout the community.

Response: Formal Evaluation

Outstanding (10) Satisfactory (42) Needs Improvement (4)

General Comments:

One person suggested they would be more effective if they were glossy - Professionally printed.

C. PAMPHLETS

The pamphlets were non-professionally created, but were professionally printed. We had 4000 printed by a local business at a cost of $348.04. We distributed these to about 3000 homes.

The purpose of this pamphlet was first, to bring the topic of family violence to everyone's attention. Second, to highlight the workshops that were being offered in the last week of the month. Third, to list local resources that people could turn to for help (a printing error occurred and this list did not get printed on the back). We also handed out some of these pamphlets at other events.

Response:

Outstanding (10) Satisfactory (42) Needs Improvement (4)

General Comments:

Many people at the workshops had heard about them through the pamphlet.

D. BOOKLET

The booklet that we finally decided to purchase was not perfect, but we picked the best choice out of a few options. The Office for the Prevention of Family Violence provided us with some samples. We particularly wanted a booklet that would focus on all forms of family violence and give general generic information. We thought that some of the pictures and comments may offend some people. However, we had no feedback regarding this concern.

The booklets were distributed to all of the Hinton school students and were handed out at events throughout the month.

We purchased 3000 copies at .40/copy from Learning Materials, Peterborough, Ontario, for a total cost of $1,248.00.

Response:

Outstanding (2) Satisfactory (28) Needs Improvement (2)

General Comments:

One parent stated that when the children brought the booklet home, it generated discussion in their family.

E. BALLOONS

We purchased 1000 balloons, 500 of which were imprinted with "STOP Family Violence Month" and 500 were left blank; total cost was $184.30.

Throughout the month, balloons were distributed at shopping mall displays and on Family Day. As well, on Family Day, all of the slogans for the school slogan contest were written on the blank balloons, filled with helium and released into the air. We chose 15" balloons in bright colors.

Response:

Outstanding (14) Satisfactory (33) Needs Improvement (2)

General Comments:

The kids loved the balloons. The balloons drew a lot of people to the shopping mall displays.

F. REFRIGERATION MAGNETS

We purchased 1000 refrigerator magnets for $505.00. We had wanted the magnet to be in yellow with black trim, but the company was unable to produce it. The silver background reflects light and makes it difficult to read the print "Assault free diet never hurt anyone". The magnets were sold at cost, distributed as prizes and given as gifts of appreciation. (see package)

Response:

Outstanding (14) Satisfactory (33) Needs Improvement (2)

General Comments:

They were well received on the whole. Many thought they were a "good idea", "catchy phrase".

G. PENCILS

We purchased 2200 pencils imprinted with "STOP Family Violence Month" for a total cost of $682.50. They were distributed to all school students in conjunction with the other school activities.

Response:

Outstanding (14) Satisfactory (33) Needs Improvement(2)

General Comments:
The pencils were made the wrong way - as you sharpen them, "STOP Family Violence Month" became Family Violence - Violence.
They were well received by the schools.

I. SUN VISORS AND T-SHIRTS

We purchased 100 sun visors bearing our symbol on the brim. They were blue with white trim and cost $3.50 each. We purchased 75 T-shirts in large, medium and small\ at cost of $6.33 each. They were also blue with white trim. We had wanted a small symbol on the chest, but they arrived with a huge picture on the front. It was too late to return them.

Response:

Outstanding (14) Satisfactory (33) Needs Improvement (2)

General Comments:

The sun visors did not sell well (time of Year?) Many people wanted the T-shirts. We should have ordered more large ones and perhaps some children's sizes.

All of the promotional items were purchased from one promoter who had access to a variety of companies. One can count on spending time going through the mounds of material on all of the promotional items. It is difficult to gauge what kinds of items should be popular for other communities and population. Sometimes we can learn from other organizations and for some things, we can only rely on trial and error.

III.
OPENING CEREMONIES

The opening ceremony was held on the first working day of November. The agenda included opening remarks by the co-ordinator, introduction of guest speakers and dignitaries, brunch, remarks by the dignitaries and a presentation by guest speakers.

The dignitaries included the Mayor of Hinton, a representative from Occupation and Community Health and a representative from Social Services.

The guest speakers included the Director of Yellowhead Emergency Shelter, Director of Community Services and a counsellor from Mental Health. These three women interviewed and sent out questionnaires to helping agencies in Hinton. They researched what services there are for victims of family violence, what services are needed, and what effects it has on professionals working in this area.

The presenter concluded that there were only two mandated agencies in Hinton for Family violence victims - Yellowhead Emergency Shelter for Women and the Yellowhead Family Sexual Assault Program. They developed a visual presentation "Spectrum of Services" which demonstrated the kind of service needed in prevention, intervention and rehabilitation. Then a talk was given regarding effects upon professionals. Results of this work can be obtained from the presenters (*contact Glenda Carter, Hinton Mental Health Services)*

The invitation list included a total of 90 professionals and non-professionals working in Hinton. Also a few people from the surrounding communities of Edson, Jasper and Grande Cache were invited.

Response:

Outstanding (4) Satisfactory (14) Needs Improvement (5)

General Comments:

A few people felt that the ceremonies were too lengthy. Everyone was asked to confirm attendance, but approximately three quarters of those who did respond attended.

The research on "Effects on Professionals working in Family Violence" that was presented, is one of the first studies of this kind. Requests about this material have come from other areas around the province.

IV.

School Activities

Two months prior to the event, we wrote letters to all of the schools outlining the purpose of the month and the involvement we would like from the students. We also involved the local school board. We were open to attending a teacher's meeting to explain the events in detail. We were invited to two schools.

A. POSTER AND SLOGAN CONTESTS

A week prior to the event, a letter was sent to each school outlining the details. Winners were picked and cash prizes were awarded on Family Day. If it is decided to award prizes at a place other than in the schools, anticipate a few hours of time to contact all of the winners. As well, arrangements should be made for judges (teachers, committee members).

The top three slogans were:

1. There's too much silence about family violence.
2. There's too much use of child abuse.
3. Love 'em and hug 'em not hate 'em and hit 'em.

Response:

Outstanding (4) Satisfactory (30) Needs Improvement (4)

General Comments:

Participation of the school children was very good - they were certainly very imaginative.

B. TEACHER'S PACKAGE

One member of the Hinton Society for the Prevention of Family Violence, who is an elementary school teacher, volunteered to develop a package of material that teachers could use as a tool after discussing family violence with the students. Most of the material is geared toward elementary school students with the focus being "It's okay to be angry, it's not okay to use violence". A copy of the package is included. *(Appendix IVB)*

Response:

Outstanding (2) Satisfactory (15) Needs Improvement (2)

General Comments:

The teacher's package was underutilized. This may be due to lack of advertising and scheduling problems.

C. VENTRILOQUIST

We researched the resource people available to create and present a puppet show for the elementary students. We decided to hire Marilee Dawn, a ventriloquist from Vancouver, B.C. for the sum of $1,000.00.

We gave her an outline of ideas and topics to discuss with the children. She presented a 45 minute show to four elementary schools in one day. In conjunction with this activity, we handed out a coloring sheet, quiz, pencil and a booklet (mentioned in "promotional material").

Response:

Outstanding (20) Satisfactory (5) Needs Improvement (0)

General Comments:

A few teachers commented on the excellence of the performance. The ventriloquist was thought to be "very good" by children and adults alike.

D. LIP SYNC CONTEST

We asked the students union at the High School to organize a "non-violent" lip sync contest. The participants could choose any piece of music as long as the lyrics and the act were not violent.

The students union organized the advertising, registration and the actual mechanics involved in the performance (music, lights, etc.). The contest was held through the noon hour with all of the finalists performing on the last day. Three winners were picked for best lip sync, originality and best theme. Cash prizes were given to the winners. Our society members performed an act for the students during intermission.

Response:

Outstanding (4) Satisfactory (10) Needs Improvement (5)

General Comments:

The students did a very good job, and were very entertaining - some of the acts took considerable time to prepare . We certainly appreciated their participation. They had good audiences for each day and the students really enjoyed the contest.

One group was disqualified because they "spit blood and pretended to eat gold fish".

E. FORMAL ASSEMBLY

The High School Student Union organized an assembly of all the high school students. They invited guests from the R.C.M.P., the local shelter, Family Sexual Assault Program and Mental Health. Each speaker was given a time to speak - then a question-answer period was held.

Response:

Outstanding (2) Satisfactory (5) Needs Improvement (7)

General Comments:

Some felt it was too large an assembly for such a sensitive topic.

F. BANNERS

The high school home-economics class created and sewed several brightly colored banners that were hung on the light standards on the main freeway in Hinton. See Appendix IVF for details on how to make the banners.

The high school students were given pamphlets, booklets, flyers, etc. to help them generate ideas for their banners. They were left to create a design or picture of what family violence meant to them. Some chose to use symbols from shelters (these shelters were contacted prior). A few of the designs are attached in the appendix. The banners were judged and prizes were given to the top three.

To arrange for the banner hanging, we had to receive permission from TransAlta Utilities to use their poles. We borrowed brackets from the City of Edmonton, Department of Recreation, and we purchased the strapping and buckles. We hired an electrical company to hang the 44 banners just prior to the first of the month. The cost of hanging was high (the Public Works Department in Hinton was not prepared to hang them).

The banners were purposely hung without giving the community prior warning in order to generate discussion among townspeople as well as visitors. The banners were hung throughout the month and survived the various weather conditions, however, some were starting to rip and tear just before they were taken down. (Appendix IVF)

Response:

Outstanding (26) Satisfactory (25) Needs Improvement (9)

General Comments:

- *Initiated a great deal of discussion.*
- *Some thought the banners were difficult to interpret.*
- *Made people more aware of the fact that family violence does take place.*
- *One person suggested that a newspaper article be written to explain the banners.*
- *One person thought the banners were "silly".*

V.

Media

A. LOCAL NEWSPAPER

The local newspaper was used throughout STOP Family Violence Month to promote the events and to provide the public with information about family violence. Some of the articles and event coverage columns are included in Appendix VA.

Response:

Outstanding (8) Satisfactory (47) Needs Improvement (1)

General Comments:

Needed more coverage other than local paper (eg. radio, T.V., larger papers).

B. RADIO AND CABLE TV

The local radio station made free public announcements regarding events. The Cable TV showed written announcements and taped the lip sync contest to show during regular programming.

C. OTHER NEWSPAPERS AND MAGAZINES

Information packages regarding information about STOP Family Violence were put together. The package included information about the purpose of the project and samples of the promotional items and events. These packages were distributed to all of the major newspapers and magazines in Alberta as well as some magazines elsewhere in Canada.

As well, a letter introducing the project, was sent to all of the radio and TV stations in Alberta.

General Comments:

We were interviewed by one Edmonton radio station.

We were contacted by one television station to do an interview but no appointment time could be arranged.

D. OTHER FORMS OF ADVERTISING

We developed a flyer to advertise family day. A few teenagers were hired to distribute the flyers on car windows publicizing Family Day. We also utilized billboards at the Recreation Centre, etc. to announce the events.

General Comments:

These types of advertising seemed to have generated more participation particularly for Family Day.

VI.

Shopping Mall Display

For two Saturday afternoons, we set up a display at the local shopping mall. We handed out free helium filled balloons which attracted children and their parents. This prompted people to come closer to view the display, to question and to put entries into the contests.

The display gave us the opportunity to hand out promotional items, promote the activities that would be taking place throughout the rest of the month and for the public to talk and ask questions.

Response:

Outstanding (1) Satisfactory (23) Needs Improvement (2)

General Comments:

For our community, two afternoons were sufficient, however, other communities may need to allot more time for mall displays.

Seemed to be a good form of advertsing.

VII.

Church Involvement

All of the churches in Hinton were invited to participate in STOP Family Violence Month. Initially, a letter was sent to the Ministerial Association introducing the project. Then, a month prior to starting, a letter was sent to each church providing information about family violence in general and what the project hoped to accomplish. We encouraged each church to participate by putting up posters, making announcements from the pulpit and to preach one sermon that month on family violence. Included with the letter was reading material about family violence, a list of quotes from the bible that referred to family violence, posters and a pamphlet to distribute. (See Appendix VIIA for clergy package)

General Comments and Response:

We sent out evaluations to the churches and three churches replied.
(10 packages were sent out)

All three churches had participated in some of the activities with one church having preached a sermon. The other churches had used illustrations about family violence in their sermons and had made public prayers. Most of the feedback was positive and encouraged the society to keep up the "good work".

None of the churches had experienced an increase in referrals due to the project when surveyed two months later.

VIII.

Family Day

Family Day was organized to promote positive family interaction.
The activities were geared toward child and parent interaction and participation.

The day was organized with numerous events operating at the same time. People could choose a variety of events to participate in at various times. A table was set up at the door, displaying promotional items and handing out an agenda for the days activities.

Signs were hung on the walls indicating directions of different activities. Many of the posters from the school children were hung on the walls and banners and balloons were strung. As well, the local photography club in conjunction with committee members, created a mural depicting the services that were available in Hinton for family violence. This was put on display for the public to view.

Family Day was located at the Hinton Recreation Centre. The following activities took place between 1:00 - 5:00 p.m.

A. SWIMMING POOL ACTIVITIES:

Arrangements were made for a half price family swim. During that time, the pool staff organized a mass wall-finger painting.
The children jumped out of the pool and used water based paints to make a wall mural.
Then the paint, etc. was hosed down.

General Comments:

"Enjoyable".

B. FACE PAINTER:

Throughout the afternoon, a face painter was available to decorate the children's faces.
Free helium filled balloons were handed out to all the children.

General Comments:

The children and parents loved it. It really drew people.

C. FILM FESTIVAL:

Films were ordered and reviewed. Six films were selected to show to the general public. An agenda was set and posted so people could choose a viewing time. A professional counsellor was available to introduce the film and to debrief the audience.

General Comments:

Surprisingly, few people attended the films even though they were kept short and focused on issues that parents seemed to be concerned about. Examples included: sexual abuse, talking to strangers, etc. Those who did attend, generated and participated in good group discussions.

D. PRE-SCHOOL ACTIVITIES:

The daycare at the Recreation Centre opened their facilities to the public. A number of learning centres were set up (water play, sand play, large and fine motor skills activities). In order to partake in the activities, the children had to be accompanied by parents.

General Comments:

Numerous people participated. It exposed parents to activities that they could do with pre-schoolers and displayed the daycare to the general public.

E. AGENCY DISPLAY:

Each government agency, non-profit organization and club was contacted by letter to invite them to display their programs, activities and services. Twelve agencies reponded positively, with ten agencies actually setting up displays on that day. Tables with name tags had to be set up prior to the event.

General Comments:

Only a few people attended the displays. This was due to them being located in a room far removed from the rest of the activities.

F. FAMILY TREASURE HUNT:

The Boys and Girls Club organized a family treasure hunt with the winning family receiving a VCR as a prize. The hunt was arranged as a collective clue process so that families had to work together to get the final results. There were no winners or losers. The winners drew their lucky number out of a hat. All of the participants received a small gift.

General Comments:

All of the families enjoyed the activity. The prize drew in a lot of families that probably would not have otherwise attended.

It created a lot of activity around the recreation centre which generated discussion.

G. HIGH SCHOOL BAND:

The local High School Band played in the rotunda for the first hour of the day.

General Comments:

The music was lively and pleasant. It attracted numerous parents and passersby. Many people commmented on the enjoyment of the music.

H. PRIZE DISTRIBUTION:

The King and Queen from the local Live Chess Theatre were on hand to distribute prizes to the winning students for the poster and slogan contest, and for the winner of the 10 Best Ways To Prevent Family Violence contest.

The King and Queen circulated through the recreation centre greeting people.

General Comments:

It was difficult to contact all of the winners by telephone because of the tight time lines we were working under. We anticipated that the winners of the lip sync contest would perform on Family Day, but the contest had not yet finished.

I. BALLOON RELEASE:

All of the five top slogans submitted from each school class in Hinton were written on balloons. These balloons were filled with helium and released into the air over Hinton. It was advertised that anyone finding a balloon, could return it and receive an award.

General Comments:

The children enjoyed the balloon release and talked excitedly about finding a balloon. A considerable amount of time and volunteers were required to blow up and tie strings on the hundreds of balloons.

FAMILY DAY RESPONSE:

Outstanding (8) Satisfactory (14) Needs Improvement (4)

General Comments of Family Day:

It was suggested that a Master of Ceremonies (MC) could have been used to inform people and to highlight certain events.

It was suggested that the agency display be in a more central location.

There were a few events attempted but they did not develop for various reasons. Some of these events included: aquatic demonstrations, no-hit hockey game, performance from the lip sync contest, and skating demonstrations. However, Family Day was well attended and resulted in a positive twist to a difficult, highly emotional issue.

A couple of evaluations were returned stating that Family Day did not connect with the whole issue.

IX.

Workshops

Four evening workshops were available to the general public for those wishing to learn more about child abuse, wife abuse, elder abuse and handling stress, anger and conflict. These workshops were delivered by:

Child Abuse -
Hubert Smith, District Office Manager, Social Services

Wife Abuse -
Gerry Kilgannon, Office for the Prevention of Family Violence

Elder Abuse -
Dr. MacInnis, Alberta Hospital, Edmonton

Handling Stress, Anger and Conflict -
Ami Stadnick, A.A.D.A.C. Hinton

The workshops were offered during the last week of the month with the intention that earlier events would raise public awareness and encourage the seeking of additional information.

Two of the workshops were video-taped so they could be used as teaching tools.

Response:

Outstanding (0) Satisfactory (10) Needs Improvement (3)

General Comments:

As well as the evaluation from the end of the project, individual evaluations were completed by all of those attending the workshops. A large majority of comments were positive. The workshops offered the kind of information that people were looking for.

The child abuse and handling stress, anger and conflict workshops were well attended. The elder abuse and wife abuse workshops were not. This could have been attributed to our community's level of awareness at the time and the needs that they had.

X.

Resources Required for the Project

It was absolutely necessary to have a hired co-ordinator, assistant co-ordinator and a volunteer base of approximately 25 people.

VOLUNTEERS:

When the committee decided to take on this project, there were a dozen dedicated members. By November, there were three committee volunteers remaining, for various reasons. There were approximately ten other people to call upon at various times to perform a variety of tasks, however, it was impossible to delegate major co-ordinating tasks to volunteers. The types of tasks that were delegated were: photocopying, distribution of material, writing of articles, manning of tables and displays.

A couple of the activities within an event were delegated to the committee members.

STAFF:

From the timeline it is obvious that the organizing for such an event should begin at least four months prior - initially on a part-time basis working toward full time. It will take approximately one month of full time activity to round off the project.

Some of the activities that need to take place, after the project is complete, are:

1. Evaluate the effects upon the community.
2. Send out thank-yous to the volunteers and participants.
3. Organize a volunteer recognition activity.
4. Finish paying bills and prepare a financial statement.

Another community hoping to present the same sort of project would have to definitely hire staff. These staff members need to have excellent co-ordinating and delegating skills. It would also be advantageous if the staff knew the community well. A good working knowledge of family violence is also necessary. It would be helpful to have a handful of volunteers connected to the organizing body because it seems more difficult to find volunteers to help in organizing public awareness about family violence than finding volunteers to work directly with victims. Many of the tasks for volunteers are routine and unchallenging but still need to be done.

Other communities doing this project might get funding for staff through government employment programs such as STEP and PEP.

EVALUATION OF PROJECT AND RECOMMENDATIONS

The evaluation has been drawn from evaluation forms sent out to participating agencies and organizations as well as comments from the general public and participation level at events.

The evaluation forms range from very positive to very negative. In general, it would appear that there was no great increase in referrals for family violence. However, during February, a month after the evaluations were sent, a couple of agencies were busier than usual with a lot more self-referrals for anger control groups than is the norm. A few agencies such as the Boys and Girls Club indicated more of an increase in parental involvement than during the previous couple of months. However, it is difficult for anyone to determine if the STOP Family Violence Project played a role in these changes, and if so, how much.

The project certainly generated discussion and forced every citizen of Hinton, if even briefly, to take a look at the problem. It seemed particularly beneficial to the school children, which hopefully, reaches toward prevention. Every child was exposed to thinking about anger and the best way to cope with and handle anger.

It created discussion among those victims of family violence who are already in treatment. Some of the victims commented that they "wished something like this had been available sooner". It made them more aware and their reaching out for help somewhat easier. They made a special effort that month to talk with others about their situation.

A few people had a great deal of difficulty with the project. A couple of the quotes that summarized these concerns were:

> "I seriously doubt the economy and value of spending these dollars and energy on this type of program."
>
> "This activity is almost as silly as nuclear free zone campaigns."

It is interesting to note that all of the negative responses (regarding the entire project) were initiated from two professions - lawyers and high school teachers. It is also interesting to note that we received back a total of 110 evaluations (agency, church and school) and only 5 contained a strong negative reaction.

Question #3 of the Evaluation, asked if this project should operate again and if so, when?

The overall consensus was Yes. There was a split with half stating yearly and half stating every 3 years.

What might work well for Hinton is a yearly brief awareness campaign, eg. a day or week of events.

Question #4 asked if the project should be held in other communities and their overwhelming response was Yes.

In conclusion, the project appears to have succeeded in raising public awareness, to what degree and the effects on the individual is very difficult to assess.

A community may choose to use some of these ideas to put together a campaign for themselves. These activities could be part of a month, week or day, depending upon the unique needs and resources of your community. Some of these events are costly while others are relatively inexpensive. However, even the

costly items can be considered if time and effort can be donated.

The attached budget sheet can be a guide for you in the planning stage.

If you wish to talk further about this project, please contact any of those listed below:

Co-ordinator -	Katherine Kennedy, 865-2599
Assistant Co-ordinator -	Sonja Bennett, 865-3587
Committee Member -	Faye Wheeler, 865-2217
Committee Member -	Glenda Carter, 865-4825

TIMELINE

JULY -

Sent out letters of introduction to municipal
government, municipal and provincial agencies,
non-profit organizations, legal and medical professionals.

Organizational Meetings held with:

YES for Women
Yellowhead Family Sexual Assault Program
Mountain Plain Group Home
Town Manager
Social Services
Recreation Director
A.A.D.A.C.
Family Life Centre
Correctional Services
High School Teachers about banners

AUGUST -

Contacted people to research banners.
Contacted City of Edmonton to borrow brackets.

SEPTEMBER -

Met with Home Economics class about banners.
Met with teachers and principals.
Made arrangements for opening ceremonies (menu, place, cost).
Ordered promotional items.
Contacted High School Student Council
(turned over arrangements for Lip Sync contest).
Contacted local ECS Society to suggest co-sponsorship in puppet show -
not interested.
Signed up Ventriloquist.
Started designing placemats, posters and pamphlets.
Contacted companies and public works to price hanging of banners.
Establish contract with local electrical company to hang banners.
Created agenda for opening ceremonies,
Letters of invitation to opening ceremonies.
Review film catalogue (National Film Board and
University of Alberta) and ordered films.
Arranged events for Family Day - agency displays
- pool activities
- face painter
Contacted restaurants - made orders for placemats.

T I M E L I N E Continued . . .

OCTOBER -

Contacted people to write newspaper articles.
Telephoned and wrote letters to four guest speakers for workshops.
Arranged rooms for workshops.
Contacted mall owners to arrange mall displays.
Made arrangements for promotional items to be printed.
Contacted special speakers for opening ceremonies.
Volunteers distributed posters.
Distributed balloons and contest information to schools.
Arranged for shipment of brackets, buckles and strapping for banners.
Made arrangements with Daycare staff to organize pre-school activities.
Volunteers worked on "Teaching Package".
Arranged for photographer to photograph pictures for poster.
Arranged for volunteer to make poster of services.

NOVEMBER -

Made up agenda for opening ceremonies and Master of Ceremonies.
Arrangements for dignitaries.
Supervised hanging of banners.
Reviewed and submitted articles to newspaper,
Arranged for contest prizes.
Developed quizzes and coloring sheets for schools.

Constantly supervise events

Appendix IVB

Teachers Package

List of books available for children

Bibliography,
Child Abuse, Alternate ways to express anger

Soccer Team worksheet

Feelings expression worksheet

Oscar the Grouch day

ROCHE MIETTE SCHOOL
190 Rispler Way
HINTON, Alberta
TOE 1BO

To: **Teachers**

From: **Ruth Egan-Hall**

Available at the Public Library

649.64 Ber	Let's Talk About Fighting
649.64 Ber	Let's Talk About Throwing Tantrums
J-Ale	Move Over Twerp
J-Ass	The Bad Day
J-Har	Little Miss Bossy
J-Fri	The I Was So Mad --- Book
J-Vio	Alexander The Terrible --- Very Bad Day
J-Zol	The Hating Book
J-Wat	Sometimes I'm Jealous

Roche Miette Library

I'll Fix Anthony	E - Viors
Alexander and the --- Very Bad Day	E - Viors
Let's Be Enemies	E - Udry
The Hating Book	E - Zolatoir
No Fighting, No Biting	E - Minarik
That's Not Fair	E - Fujikarva
Don't Hurt Laurie	FIC - Rob
Don't Hurt Me, Mama	E - Stanek

BIBLIOGRAPHY
CHILD ABUSE, ALTERNATE WAYS TO EXPRESS ANGER

362.7 *Child Abuse* - Edward F. Dolan, Watts, 1980 (includes a bibliography)

PRO
364.1 *The Battered Child* - Ray E. Helfer, U. of Chicago, 1974 (bibliographies)

KT 263 C.A.R.E. Kit

PRO
301.42 *What You Should Know About Alberta Children and Their Families: The Darker Side* - Lone Tree, c1982

158 *Listen To Me, I'm Angry* - Deirdre Laiken and Alan Schneider - Lothrop, Lee and Shepherd, 1980

152.4 *Know Your Feelings* - Margaret Hyde, 1975

152.4 *Good and Bad Feelings* - Mark Stein, 1976

E
ZOL *The Hating Book* - Charlotte Zolotov, 1969

E
POM *The Princess and the Admiral* - Charlotte Pomerantz, 1974

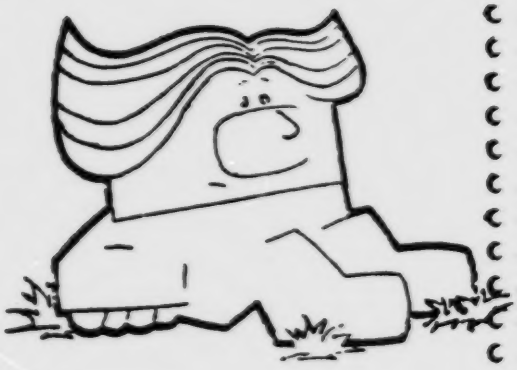
E
VIO *Alexander and the Terrible, Horrible, No Good, Very Bad Day* - Judith Viorst, 1972

SOCCER TEAM

SUDDENLY...

I don't like it when ...

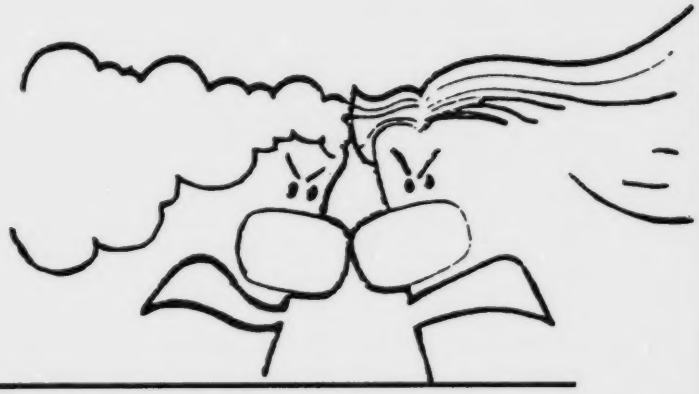
I feel bad when ...



I sometimes

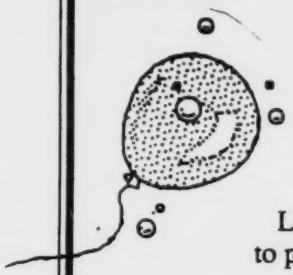
get mad when ...

When people get angry, they should ...



Outdoor Activities

Go to a playground and have children look for garbage lying around and have them put it into a garbage can.



Go for a walk and look for bugs, worms or spiders.

Look for ugly rocks to paint.

Go for a "grouch" walk, look for grouchy things, people, old houses, cars or garbage cans.

SNACKS

Tuna fish sandwiches and pickles

cookies shaped like garbage cans, oscar or fish

have a "grouch" drink - add green food coloring to a glass of milk

Oscar the Grouch Day

DANCE, DRAMA & MOVEMENT

act out sesame street with children taking turns to be Oscar

have children make grouchy faces

have children pretend to be grouches

green, black and brown face paint to make children look like grouches

Costume, make-up, disguise and mask

add hats torn clothes and old shoes

children can make their own Grouch mask to wear

play music and have children dance how they think a grouch would dance

use newspaper to make old torn Grouch clothes

When you feel like yelling at everyone, even if they just say hello, or it you feel like breaking everything nice or pretty that you see, then you are feeling grouchy. **Oscar the grouch** is grouchy all the time. He yells at everyone, even if they are nice to him. He also dislikes everything that is nice, pretty or cute and cuddly. **Oscar the Grouch** is on a show called **"Sesame Street"** which is on every day Monday through Friday on channel 3 at 8:30 and 10:00 on channel 4 at 11:00.

There is a 7 minute film called I'm Not Oscar's Friend Anymore at the Strathcona Library which can be taken out for two days for two dollars. (The film is about a little boy who feels grouchy).

Appendix IVC

Ventriloquist

Coloring Sheet

STOP Family Violence Month theme word search

T E A F T O N E S

E L T A L K H I T

A Z O F P A I O R

C P A V Y Y N M A

H R A B E T T O N

E E S R L V O I G

R V I O L E N C E

P E R T O S A A R

A N L H W O H R S

N T H E H L N G N

G I E R E V O U T

R O L L A E U E X

Y N P L D A C T E

1. This is STOP Family _____ Month in _____.
2. It's not _____ to hit your sister or _____.
3. Never talk to _____.
4. The _____ Emergency Shelter is a place for moms and kids to go if violence is happening at home.
5. People who are violent often do not like being that way, they need _____.
6. If you get mad at a friend, you can _____ about the problem.
7. It's okay to get _____ - it's not okay to _____ when you're angry.
8. Moms and Dads still _____ one another even if they disagree and _____.
9. If you need to _____ better ways to express anger, you can talk to your parents or _____.
10. The Hinton Society for the _____ of Family Violence hopes kids will work hard to _____ problems by talking not hitting.

JUST REMEMBER KIDS!

**It's better to love'em and hug'em,
than hit'em and hate'em!**

T	E	A	F	T	O	N	E	S
E	L	T	A	L	K	H	I	T
A	Z	O	F	P	A	I	O	R
C	P	A	V	Y	Y	N	M	A
H	R	A	B	E	T	T	O	N
E	E	S	R	L	V	O	I	G
R	V	I	O	L	E	N	C	E
P	E	R	T	O	S	A	A	R
A	N	L	H	W	O	H	R	S
N	T	H	E	H	L	N	G	N
G	I	E	R	E	V	O	U	T
R	O	L	L	A	E	U	E	X
Y	N	P	L	D	A	C	T	E

1. This is STOP Family Violence Month in Hinton.
2. It's not okay to hit your sister or brother.
3. Never talk to strangers.
4. The Yellowhead Emergency Shelter is a place for moms and kids to go if violence is happening at home.
5. People who are violent often do not like being that way, they need help.
6. If you get mad at a friend, you can talk about the problem.
7. It's okay to get angry - it's not okay to hit when you're angry.
8. Moms and Dads still love one another even if they disagree and argue.
9. If you need to learn better ways to express anger, you can talk to your parents or teacher.
10. The Hinton Society for the Prevention of Family Violence hopes kids will work hard to solve problems by talking not hitting.

JUST REMEMBER KIDS!

It's better to love'em and hug'em, than hit'em and hate'em!

Coloring Page

Appendix IVF

Banners

Banner Instructions

Banner pattern samples

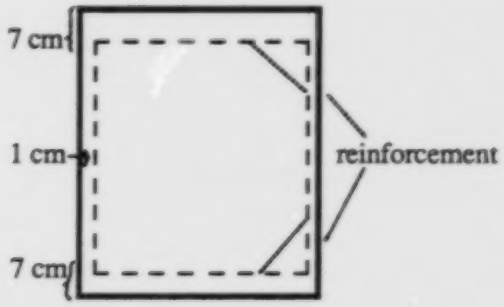
FORT McMURRAY
SUMMER GAMES
AUGUST 1985

BANNER INSTRUCTIONS

A. BASIC SHAPE: 76 cm wide by 182 cm long hemmed

1. Hem the banner 7 cm at the top and bottom for the brackets.
2. Hem the sides with a 1 cm fold. (NOTE - Selvage edge can remain as is)
3. Reinforce the top inside and bottom inside corners with a triangle of scrap fabric, as extra reinforcement for the grommets to be inserted later.

78 X 196 unhemmed



B. COLOR SCHEME

1. Look at the colors of the fabric supplied in your kit, and think only of designs suitable for those colors.
2. Consider color contrast! Keep colors bold and very distinct by using dark next to light.
3. Make sure your design is large. Pieces smaller than 3 cm are unsuitable.

C. CHOOSE A DESIGN

1. A piece of paper 15 cm x 35 cm is approximately scale size of your original banner.
2. Only bold and large patterns or lettering will be noticed.

examples:
a. one of the summer game sports
b. the official mascot of the games (Mandy the Bear)
c. an abstract design
d. your school logo or region
e. a silhouette

D. TEST THE DESIGN

1. Draw and color your designs on a piece of paper 15 cm x 35 cm.
2. Choose the best designs and go over the shapes with a black felt pen.
3. Make a transparency for the overhead projector and then project your design onto a sheet of white paper 76 cm x 182 cm. Trace the design in dark felt pen on the paper.

E. CUTTING

1. Use the paper as a pattern to cut out your various colored fabrics.
2. Cut out your paper shapes and pin them over the various colors.

REMEMBER: Cut your fabric 2 cm larger than the pattern to allow for overlap.

F. TECHNIQUE - Machine Applique

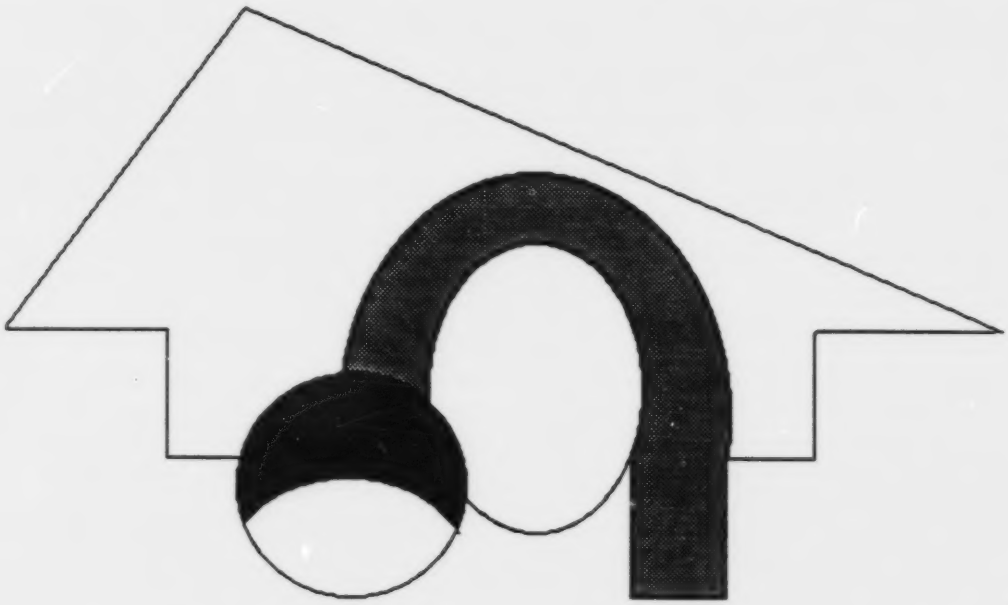
1. Place your cut-out shape on the banner, pin. You can also use a thin line of blue to keep the shape in place and prevent it from slipping while sewing.
2. Machine zig-zag around the outside edge of your shape to the banner.
3. The top thread should be the same color as the design piece, while the bobbin thread should match the background fabric.
4. Turn your banner over and cut away the background fabric underneath the applique 2 cm in from the zig-zag.
5. Zig-zag again around this edge. This will leave a nice strong definition around your pattern. Don't forget to switch the bobbin and upper thread colors.

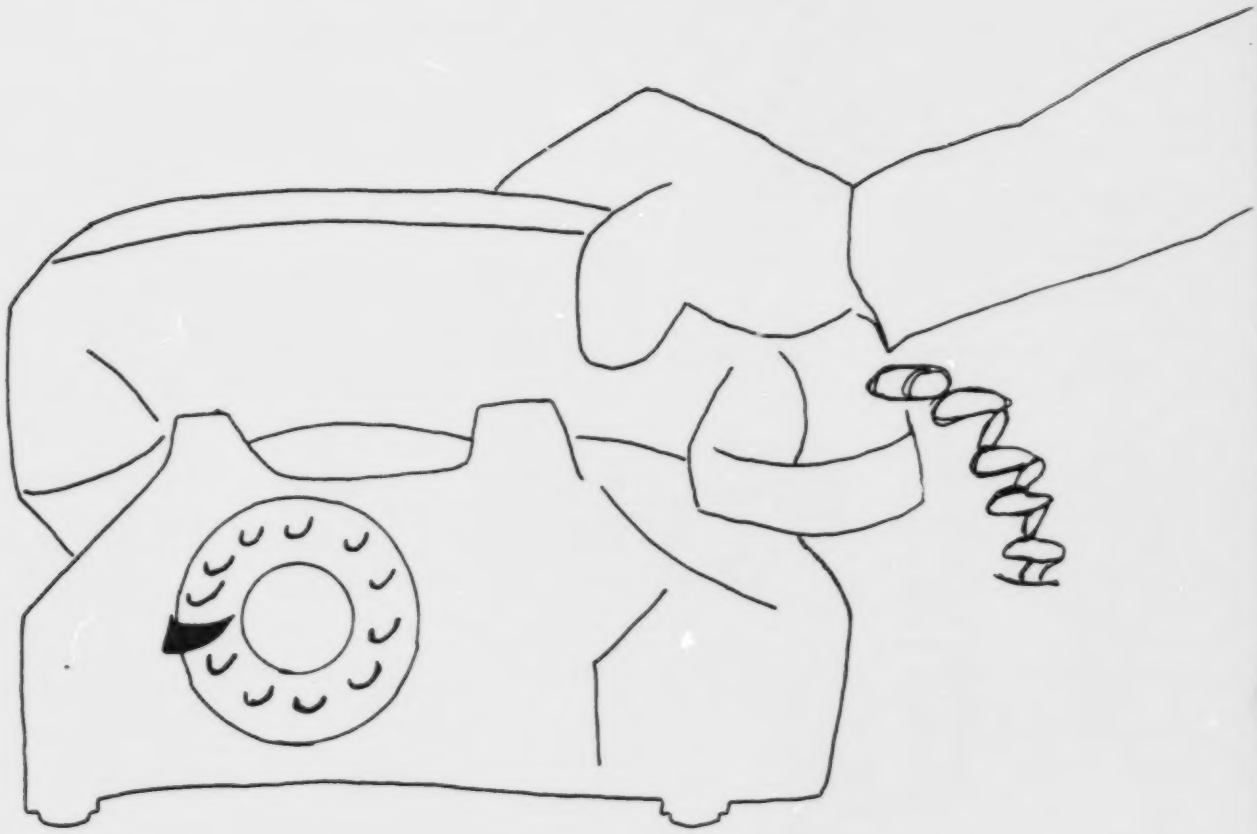
G. HAND APPLIQUE

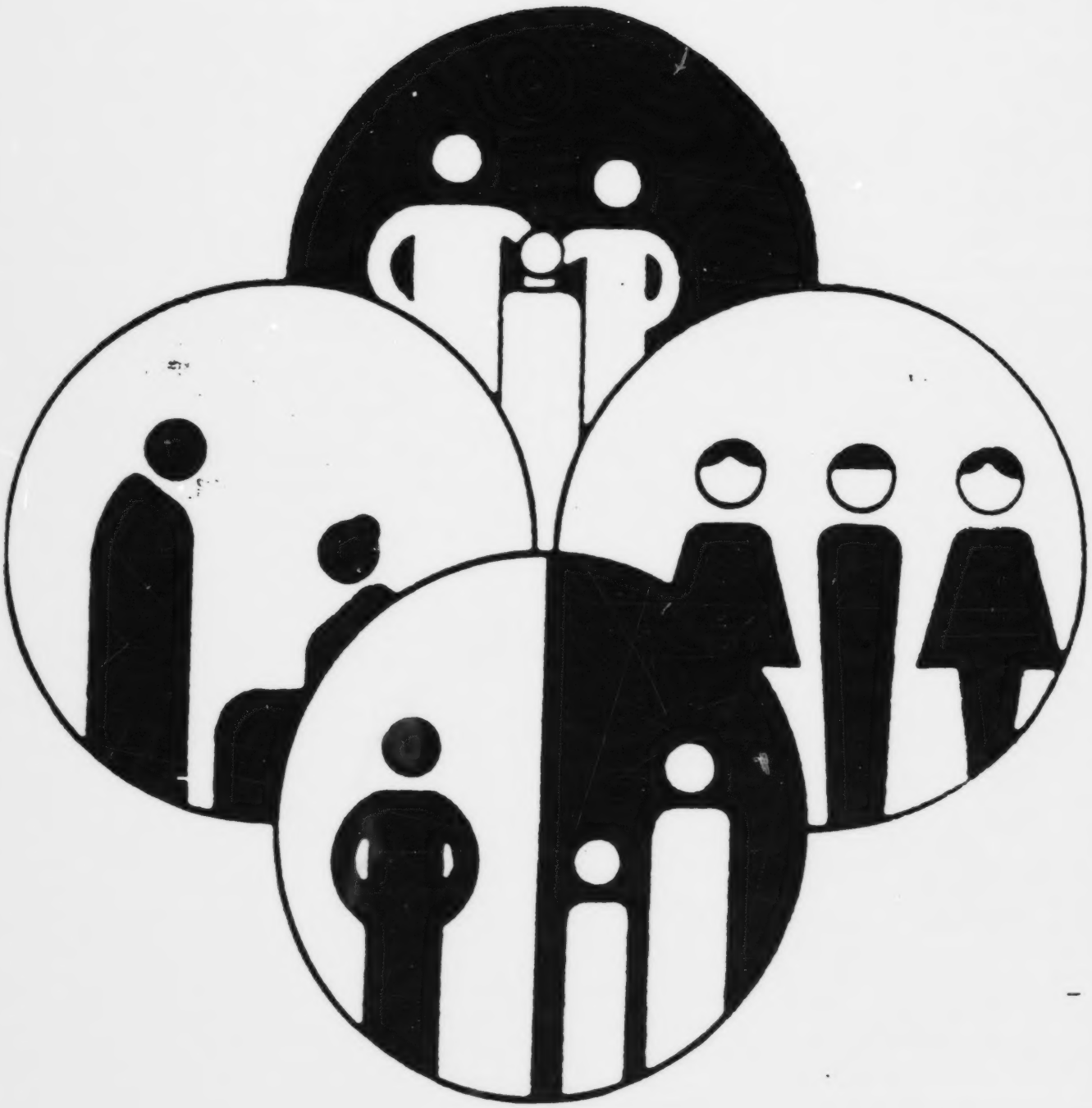
Apply the same cut out technique described in machine applique only hand stitch, using a blanket or overstitch.

H. TRIMMING

1. Black or brightly colored pens can now be used to add definition or detail to your design.
2. Use only PERMANENT ink pens.







Appendix VA

Local Newspaper

Articles of Consideration -
Family Violence

A Battered Wife: Laura's Story

Family Violence: Abused or Neglected Elderly Persons

Newspaper articles - Family Violence

Declaration - STOP Family Violence Month, November 1986

Student participation: Winning slogans

10 Best Ways To Prevent Family Violence

A BATTERED WIFE: LAURA'S STORY

by Lori Robertson

The family home is not always a loving place. It can be a living hell for a battered wife, child, or husband.

Until the 1970's, violence in the home was a matter of gossip and pity - if acknowledged at all. Little help was available to victims or perpetrators. Even today, the statistics on family abuse are based only on reported cases. We can only speculate on what is not reported.

Research shows 1 in 10 women are abused by their mate. If we apply this to Alberta's population, 55,000 women are potential victims. 950 in Hinton. It is also estimated 1.1% of men are assaulted by their mate. Again, apply this to the provincial population and we have 5,775 men as potential victims. 104.5 in Hinton.

When we think of wife abuse we automatically think of broken bones, black eyes, being hospitalized - physical abuse. What we must also remember are the three other forms of abuse - emotional, sexual, and psychological. The following is the true story of one woman who suffered such abuses.

Today Laura's life revolves around her family, her volunteer work, and her plans to travel. However, it was not always so easy - or "normal". For 9 years Laura was emotionally, physically, and sexually abused by her former husband. And it has taken another 8 years to come to terms with this abuse.

There were many reasons why Laura did not leave for so many years: the children - 3 young step daughters and 2 of her own; finances - she worked but he controlled all the money; fear - of him and of others who did not understand; lack of self-esteem - she felt she was a failure. Perhaps the biggest reason of all was she did not think she was abused. After all, she had seen a doctor on various occasions and he had told her to go home and be a better wife and all would be fine.

"I was living in a small community with no place to go - no shelter. I knew nothing about wife battering and thought, because it was mostly verbal and emotional, I wasn't being abused. There were three particular occasions when I could have charged him: when he gave me a black eye; when he punched my stomach to make me miscarry; and when he choked me enough to bruise my larnyx. My mother asked me what I did to deserve this and told me to behave."

Besides the physical abuse, Laura suffered sexual abuse, the killing of her pet, and the breaking and burning of personal things such as pictures and school yearbooks. She found herself thinking about either killing him or killing herself.

She left an average of twice a year, but kept going back for her step daughters. Finally the day came when she packed up her two small daughters and left for good. Her husband was shocked when she sued him for divorce for he felt he had done nothing to deserve such treatment.

Laura survived. So many others don't. In Canada, between 1969 and 1974, 37.5% of homicides were domestic. 60% of female murder victims were killed in a family context. In Vancouver, 34.5% of all police calls are domestic disputes. In Edmonton, there were 5020 calls in 1982. 14.6% of police officers killed in the line of duty in Canada were responding to domestic calls.

Wife abuse is a problem that affects all of society. We must all work together to put an end to this cycle of violence.

FAMILY VIOLENCE:
ABUSED OR NEGLECTED ELDERLY PERSONS

The very old, like the very young, are among the most vulnerable and abused members of society. This type of abuse can be defined as any act or commision or omission that results in harm to an elderly person. During the 1970's, the physical abuse of children was a major topic for investigation and concern. In the 1980's sexual abuse of children and battering have become the issues of the day. Today the focus again appears to be shifting and this time it is abuse of the elderly which is receiving much attention. Unfortunately, victimization of the elderly is often invisible to the general public.

The problem is not new. Gerontologists have known about it for years but recognition among the general public is just beginning to surface. Many of us would rather not think about the fact that the elderly among us are vulnerable, or that in our own community there are people who need protection from family members or professional caregivers.

The extent and incidence of elder abuse is still unknown. The elderly refuse to report abuse, they are mortified by the situation. They have many fears: loss of love; retaliation; relocation. We know that violence is often the method of last resort, a method used when it is observed that nothing else will work. The relatively lower physical, financial and emotional resources of the elderly parent may account for the high levels of violence observed. However, age related diseases such as late onset diabetes, stroke, and Alzheimer's Disease, as well as medications which alter the personality, must also be considered.

The Manitoba Association of Gerontology Subcommittee on Abuse of the Elderly 1980, formulated the following definitions:

Physical Abuse:
Is defined as situations involving physical assault, rough handling causing physical injuries or discomfort, injuries or gross neglect caused by others, avoidance of needs for assistance, and the withholding of physical necessities such as food, personal and hygienic care or medical care.

Psychosocial Abuse:
Is defined as confinement, isolation, inadequate attention in terms of time, concern, and understanding of needs, and the removal from active participation in one's own life. This category further includes verbal/emotional abuse which relates to humiliation, intimidation, derogation, infantilization, or any treatment diminishing identity, dignity or self-worth.

Financial Abuse:
Is defined as situations relating to monetary matters and involve the withholding of finances, trickery, fraud, theft, misappropriated or misused funds or property. This category includes instances of the withholding of the means for daily living necessities.

A major Canadian study on the nature and extent of elder abuse has been carried out in Manitoba as a joint project by the Manitoba Association on Gerontology and the Manitoba Council of Aging. In the course of the study, which began in 1979, professionals who come in contact with the elderly were interviewed about their experiences and recommendations on elder abuse. Social workers, public health

nurses, psychiatric nurses, police officers, doctors, VON nurses and others participated.

Information on over 400 cases of elder abuse was collected. The study found that financial abuse was the most common mistreatment of the elderly, followed by psychosocial and physical abuse. Also the study found family members to be the most frequent abusers of the elderly persons. The emotional, physical or financial stress of caring for the older person may be added to another family problem such as alcoholism, financial pressure or mental instability. Abusive relationships are often the extension of a prior bad relationship between the abused and the abuser and may occur in families where there is a past history of violence such as child abuse.

In the Province of Alberta, The Senior Citizens Bureau of Alberta conducted a study in 1985. They have no idea of the true prevalence of elder abuse and are working with the opinions of professionals only. The study had a 76% response ratio. 55% of the professionals interviewed were not aware of elder abuse as being a problem. The remainder saw one or two cases of elder abuse. Approximately 10% of the professionals interviewed felt it was a serious problem. There were 500 identified cases in 5 years. This information was obtained with having over 420 questionnaires sent out. They received a description of 364 situations and developed a profile.

One can never condone an attack on a defenseless old person any more than one can condone an attack on a defenseless child or any other human being. However, resolution of the problem requires more than simply placing blame on an offender. For in many instances, both offender and victim may be caught in a web of personal and family problems from which they see no opportunity for escape.

The causes of elder abuse are not well understood and one of the insidious causes of abuse is lack of understanding of the aging process. Older persons reactions to loss frequently are unnoticed or misunderstood. Depression, repeated physical complaints, stubbornness, and becoming hypercritical are among the most common reactions, of the aged, to loss. What is seen as stubbornness may be a desperate attempt to hold the remaining possessions or lifestyles. The older person's feelings may be degraded by caretakers who do not understand the significance of the losses.

Throughout most of the western world, major demographic changes are occurring which help to explain why elder abuse is increasingly capturing public and scientific attention. By the year 2000, nearly 12% of Canada's population, or 3.4 million people, are expected to be at least 65 years of age. Of this group there should be at least 777,000 who are 90 years of age or older. The current shortage of home care and long term facilities means that more adult children are and will be providing care to a larger number and proportion of the older population. With more women entering the labor force, the impact of this increasing burden of home care of the aged on the emotional and financial resources of families is becoming a concern.

We must be aware of the crime of elder abuse, and we must initiate programs and attitudes to prevent it.

There are different ways to counterattack the problem. The public needs to learn more about aging and understanding how to help more people effectively. We must educate the older person as to what their rights are. We, as well, must educate professionals so that they are more aware of the issue. Community health nurses and Mental Health staff must be trained, and we need to offer support to the care givers.

A full range of home care and respite services include: medical and legal assistance, visiting nurses, homemakers, friendly visiting, adult day care, occupational therapy, nutrition services, telephone checking systems, transportation, emergency shelters, counselling and education. These community based supports are essential if elders are to remain in their own homes.

Abused children are easy to spot. Teachers and doctors have been trained to look for and report signs of child abuse. Abused wives can leave their husbands or call for help when in need. But the elderly hidden away in nursing homes, cut off from friends and family, suffer in obscurity and silence.

Many towns, like Hinton have outreach systems, Meals-On-Wheels, Handi-Van, social workers, social and community services and church organizations, which have been extremely supportive. Happily, the vast majority of older people who need help are receiving good care from their families, communities and friends, but there is a serious problem for an unfortunate few and that problem demands our attention. We too will grow old, and we too want to live in a world of mutual respect, love, and care, not in a world with increasing elder abuse.

THE 10 BEST WAYS TO PREVENT FAMILY VIOLENCE

1. MAKING TIME -

Parent(s) - make time each week to spend with each individual child - tell them that you CARE.

2. RECOGNIZING NEEDS -

Each family member recognize and verbalize needs of each other and talk about them.

3. FEELING AWARENESS -

Each person in the family be willing to share feelings and expectations from each other.

4. ANGER AWARENESS -

Every family member recognize and own their own feelings of anger.

5. MAKE OUTSIDE CONNECTIONS -

Parent(s) (especially) develop support networks (friends, church, etc.) outside of family.

6. DIFFERENT SEATING AT MEALS -

Family to take turns in seating arrangements at meal table - vary pattern.

7. A SPECIAL PERSON -

Once a month, recognize someone in the family as "special" - make a fuss over that person.

8. ENCOURAGE VISITORS -

Encourage other families/friends to visit - do things with other families (camping, etc.).

9. LOOK OUT FOR STRESS EVENTS -

Recognize stressful events for what they are; eg. holidays, etc. Make provisions to reduce stress by planning and organizing.

10. HISTORY OF VIOLENCE -

Families be made aware of intergenerational effects of history of violence and what to do to break the pattern.

Quiz launches series of articles for stop violence month

November is STOP Family Violence Month in Hinton. This is the first of a series of articles by the Society for the Prevention of Family Violence.

Questionnaire

Violence doesn't generally erupt from nowhere. There are clues when anger is becoming unmanageable: clues you can feel in yourself or see in others.

The signs will be different for different people, but the ways people handle anger can be divided into two general categories:

Stuffers: Those who stuff anger down inside themselves will deny its presence, suffer feelings of low self-esteem and self-doubt, intellectualize their situations. They usually become progressively withdrawn, depressed, tense, until the pressure cooker effect causes them to explode in violence.

Escalators: Escalators are easier to identify. They begin their sentences with "You" They blame. They call names. Eventually their anger escalates into a blow-up, and violence.

The following questions might help you become more aware of the roles that stress, anger, hostility and assault - all ingredients of violence - play in your life.

Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers.

4 - Always
3 -Frequently
2 - Sometines
1 - Never

Stress

Stress is the physical or emotional reaction experienced when events or circumstances cause you to readjust or adapt. Think of changes, challenges, disappointments, important decisions or assignments in your life.

___ 1. Do you think stress in your life is mostly caused by what other people do?

___ 2. Do you feel vaguely guilty if you relax and do nothing during leisure?

___ 3. Do you become impatient with delays or interruptions?

___ 4. Do you have little time for hobbies or time by yourself?

___ 5. Do you spread yourself "too thin" in terms of your time?

___ Total

Anger

Anger is a strong feeling experienced when events are threatening. Think of situations when you have been angry.

___ 1. Do you get angry in response to others actions?

___ 2. Do you get angry when little things go wrong?

___ 3. Do you let your anger out quickly and impulsively?

___ 4. Do you react suddenly when you feel angry?

___ 5. Do you feel others purposely provoke you to anger?

___ Total

Hostility

Hostility is the storing up of anger and letting anger out in indirect ways that are destructive. Hostility is often a by-product of frustration and high stress levels. Think of situations that have frustrated/irritated you.

___ 1. Do you feel like people are pushing you around?

___ 2. Do you find it difficult not to argue when people disagree with you?

___ 3. Do you try to get even whenever you can?

___ 4. Do you yell, name call, or demean others when you are angry?

___ 5. Do you break articles when you are frustrated or angry?

___ Total

Assault

Assault is fighting or the willingness to use physical violence against others. Think of the times when you felt like hitting someone.

___ 1. Do you think it is okay to hit someone if you believe they deserve it?

___ 2. Do you physically hurt someone you care about when you are furstrated?

___ 3. Do you try to get your way by using physical force?

___ 4. Do you threaten others with physical force when you are angry?

___ 5. Do you feel the need to control others and use physical force when you feel you are losing control?

___ Total

If your score is more than "12" in each category, you may be facing a problem in that area and should take a serious look at yourself.

This test is by no means "scientifically" based. However, these questions may give you clues about your own potential to be violent or destructive towards yourself or others. If, after doing this test, you feel you would like to know more about appropriate ways to handle stress, anger and conflict, you are welcome to attend a workshop on this topic sponsored by the Hinton Society for the Prevention of Family Violence on Nov. 27, 1986 from 7 to 10 p.m. at the Hinton Forest Technology School. To register contact Community Services at 865-2217. If you wish to talk privately to someone, a few of the local resources are listed below.

Mental Health - 865-8247
Yellowhead Emergency Shelter - 865-5513
Social Services - 865-8275

Don't forget Family Day is Nov. 15, 1986 at the Hinton Recreation Centre.

Stop Family Violence Month is started

by Dan Healing
Parklander staff

About 60 Hinton decision-makers and human service professionals started Stop Family Violence Month in Hinton Monday, Nov. 3 at the opening ceremonies at the Moose Hall.

Participants ate brunch, took in a table groaning under the weight of books, pamphlets and keepsakes on family violence and listened to the results of a survey of 21 Hinton agency people (see story elsewhere).

Katherine Kennedy, who is coordinating the month-long project, started the ceremonies with a brief description of what is planned for the rest of the month.

She said she hopes the awareness of family violence in town will be increased by articles printed with the cooperation of the Parklander and by a contest also publicized in the paper.

At schools, elementary students will learn how to channel anger properly by watching a professional puppeteer. A teaching package will give teachers the option of reinforcing that message. Slogan and poster contests will also be offered.

Last week banners made by Harry Collinge High School students were hung from light standards on Switzer Drive. Kennedy said people who don't know what they are for will get curious and find out they are for Stop Family Violence Month.

Saturday, Nov. 15 is to be used as a day for family togetherness. Events are going to be scheduled at the Hinton Recreation Centre.

The public is invited to the Forest Technology School Nov. 24, 25, 26 and 27, from 7-10 p.m., for talks on child abuse, wife abuse, elder abuse and stress, anger and conflict management.

Placemats describing all the events are being distributed through local restaurants.

First in province

Katrine McKenzie, director of the office for the prevention of Family Violence (part of Alberta Social Service Program Development Division), said the opening ceremonies, to her, were "the fulfillment of a dream."

"I hoped one day I'd see something like this in Alberta," she said, adding she hoped this would be the result when she asked Hinton to take on the pilot project.

(The project was originally to be done by a group in Edmonton, Kennedy said later. When that group backed out after seeing the scale of the project, Social Services looked for another host community and discovered Hinton's new Society for the Prevention of Family Violence.)

McKenzie is also chairman of the interdepartmental committee on family violence, which links 10 provincial government departments and was formed in 1984. The committee originated a discussion paper that led to the forming of the Hinton society.

She said the committee believes initiative like that in Hinton "illustrates exactly what is needed at the community level."

She added: "Your project will serve as a model for other communities in Alberta and perhaps in Canada."

Mayor Jean Maurer said she had conflicting emotions. "We're not here on a happy occasion but we're here to make it a happy occasion in the end."

She pointed out the town, through the community services department, has supported Hinton's attempts to come to grips with the problem of family violence in the past and said council is committed to continue its support in the future.

She added the volunteers who work on the problem in the community deserve a pat on the back for "nerves of steel and the patience of Job."

Bernie Krewski, regional director for Edmonton in Mental Health Services, brought greetings from the new provincial department of Community and Occupational Health, which was set up in May.

He said the Stop Family Violence concept is a good example of what can be done with a low budget to continue his department's goal of promoting good physical and mental health.

Stop Family Violence Month rolls successfully to a close

As the last week of November rolls to an end the agenda of the Stop Family Violence continues.

Since last week many activities have continued. For the past two Saturdays there has been a mall display featuring pamphlets on "What Breaks up Homes", parenting issues and many others. Fridge magnets in the shape of a salt shaker with the logo "An asault free diet never hurt anyone" were dispersed to the passers by and all of our 1,000 balloons sayig "Stop Family Violence" were distributed to the Hinton children.

On Nov. 24 the HCHS assembly which was arranged by student union president Christine McKenzie heard brief presentations from several community professionals working in the field of family violence.

Bob Lyons, mental health services supervisor informed the students of what services Mental Health provides and what was being offered through the Yellowhead Sexual Assault Program.

Const. Dennis Bank from the RCMP informed the students about different charges of assault and that assault in the family was a crime.

Sheila Luey, director of the Yellowhead Emergency Shelter, told the audience what the fuction of the shelter was and that not only women were treated, kids from homes where violence was a problem called too. Often men who were about to strike their wives would call as well.

Sheila asked the students to turn to the right and count six persons, then she informed the students that one of those six probably came from a home where family violence existed.

Glenda Carter from mental health services told the students she had concerns as she has seen hundreds of victims of domestic violence over the past few years and most of these women had children. Her concern with that aspect was the generational aspect as many children who witnessed violence and control grew up to be abusive to their spouses.

She informed the students that since violence is learned it can be unlearned but we must have an awareness first to recognize what constitutes violence and get programs in our community.

Ken Prosk, school counsellor, informed the students it doesn't matter what you know about violence but to actually do something about it you must tell someone the secret so you can be helped. He encouraged the students to contact any of the presentors if they had concerns.

On behalf of the Hinton Society for the Prevention of Family Violence, which is hosting Stop Family Violence Month, Glenda Carter informed the audience of the activities to date and what would be occuring in future. Rounds of applause went to Christie McKenzie for her leadership skills in organizing the day as well as to Mrs. Phillips and her home ec class for donating their time and ideas for creating our attractive banners along Switzer Drive that are symbolic of the students contribution to stopping family violence.

The drama club of the HCHS presented brief skits between each speaker depicting normal conflicts within families and how these could be handled in a positive way. They received numerous cheers and were appreciated and enjoyed by those present. The messages given were very positive.

The HCHS was to have judged groups of students participating in a lipsinc contest on Friday the 27th and Monday Dec. 1st to determine the winners. The winners will perform at lunchbreak on Tuesday, Dec. 2, in the gym. Those interested are invited to attend.

The songs portrayed must be non violent. Prizes are being awarded through the Hinton Society for the Prevention of Family Violence and will be announced in our next news release.

'Love 'em and hug 'em' advises student

"Love 'em and hug 'em, not hate 'em and hit 'em."

"There's too much silence about family violence."

"Don't hate, communicate."

These were the slogans written by three Grade 7 Mountain View School students, Carla Anderson, Trent Felaber and Jon Wilde, with a single message in mind: Stop Family Violence.

As most of the students in Deborah Bird's class admitted, family violence was something they believed only happened to other children and other people's families.

Trent Felaber, who wrote the slogan "There's too much silence about family violence," said, "I meant nobody really knows enough about family violence to care if they stop it or not."

However, in conjunction with Stop Family Violence Month, students in schools throughout Hinton have been made more aware of how important it is to speak out against battering. Slogans, posters and even a puppeteer who acted out family violence scenes, all gave the children a new understanding of how often battering can occur.

"It can happen to anyone - family, friends, not just someone you read about," said Jenny Walden.

"It's not always the child," added classmate Sean Poulton, "it can be the mother or father that has been beaten."

Rhonda Westland said she thinks family violence can and should be stopped. "You can talk to somebody about it, or talk to a teacher or school counsellor."

The students even realized abuse doesn't always take the form of hitting or spanking, it can be something as simple as verbal insults.

"It's not always beating, sometimes it can be when everybody's putting you down," said Heather Cooper. "Some people think they're not needed in the world and they go kill themselves."

As the comments of the students show, a lot was learned about family violence over the past month. It's a welcome sign to members of the Hinton Society For The Prevention of Family Violence, who were unsure of how successful the project would be.

Project coordinator Katherine Kennedy said she's seen an increase in the number of people seeking counselling since Stop Family Violence Month began.

"It's just amazing the amount of help that was given to the project. But I think there's some indication people are reaching out for help a little bit more."

It's the first time such a project has been undertaken in Alberta, and possibly in all Canada, Kennedy believes.

Continued on Page A8

Carla Anderson, Trent Felaber and Jon Wilde created three slogans for the Family Violence Month.

Student slogans offer good advice

Continued from Page A8

She said there were some disappointments with the project, including poor attendance at some of the Society's lectures at the Forest Technology School. Each night last week speakers related information on a variety of topics including child abuse, stress, anger and conflicts, wife abuse and elder abuse.

But while some of the seminars were poorly attended, Kennedy said all could viewed as successes. "If it was a learning experience for six people, then it was valuable," she said.

The Society took a different and very successful approach to reaching Hinton's youths. Along with the puppeteer who performed in each of the public schools, students at Harry Collinge High School took part in creating the banners which hang along Switzer Drive and even organized a non-violent lip-sync contest.

Since this is the first time a Stop Family Violence Month has taken place, Kennedy said she will be making a formal evaluation of the project over the next two months as a requirement of the grant from Alberta Social Services.

When the results are completed, she hopes to have them published to inform people how the society plans to improve the project for next year.

Appendix VII

Church Involvement

Pro Forma Letter to religious organizations

Worship Resource

Reading Supplement

Hinton Society for the Prevention
of Family Violence
Box 492
Hinton, Alberta
TOE lBO

October 10, 1986

Dear

The Hinton Society for the Prevention of Family Violence has been sponsored by Social Services and Community Health to develop, organize and present a public awareness/public education campaign on the issue of Family Violence. The definition of Family Violence includes child abuse, wife abuse and elder abuse. To accomplish this goal, numerous events are planned for the month of November 1987. We hope you and your religious organization members would participate in this campaign, as we believe our religious organizations are a natural place to deal with violence within the community.

Our committee has been studying the problems of violence and we believe that there are workable alternatives to violence which can and should be utilized in our community. We are urging you to set aside some time during your religious meetings this month to bring attention to violence, its affects in our society and the alternatives needed. We also urge you or one of your membership to become involved on an ongoing basis with the committee.

Statisticians can tell us that 58% of all homicides occur within the family home or with acquaintances. Abuse of children, spouses and the elderly is a growing concern and the abusive pattern seems to be a never ending cycle. Much of the response to violence centers around buying locks, purchasing guns, fearing to reach out to anyone and setting up emergency shelters for immediate victims of violence. These responses may be necessary yet they all represent our attempt to react to the problem rather than search out for a new available preventive solution.

When facing lifes problems, we know there are alternatives rather than violence. These positive alternatives can lead to stronger family, neighborhood and community. We know that these alternatives require us to have the courage to face the good and bad parts of ourselves and the courage to change some of our patterns of behavior. We want to begin this process of support for change, awareness and self control that will lead to the making of the Hinton area a model community of decreasing violence. We believe it is time to single out violence in our lives for what it is, to expose the cost of human suffering, as well as the monetary loss each representing a waste of resources that we cannot afford nor do we care to afford.

This project is a mammoth undertaking when one considers the extent of the problem, yet we are very excited and enthused as we meet others in our community who wish to relate to this issue for the sake of our community and for the sake of each individual living here.

....2

Enclosed you will find a poster that you can display on your bulletin board in your place of worship, as well as some reading material that you might find helpful in preparing a sermon or presentation. A pamphlet that you can insert into your Sunday bulletin will be sent to you at a later date. After discussing this topic with your congregation, you may find that numerous individuals or families will want to talk with you about the violence in their lives. If you feel unprepared in handling this, please feel free to contact us and we will try and provide you with information or education necessary in helping the families.

Your participation will add to the success of this event. Thank you very much for your time and consideration and please feel to contact me if you have any concerns or questions.

Sincerely,

Katherine Kennedy
Co-ordinator

KK:slb
Encl.

WORSHIP RESOURCE: *Scripture References For the Sabbath Focus On Non-violence*

THE OLD TESTAMENT: (R.S.V.)

JONAH 3:8 " .....let every one turn from his evil way and from the violence which is in his hands."

PSALM 37:8 "Refrain from anger, and forsake wrath. Fret not yourself; it tends only to evil."

PSALM 11:5 "The Lord tests the righteous and the wicked, and his soul hates him that loves violence."

PROVERBS 15:1 "A soft answer turns away wrath, but a harsh word stirs up anger."

PROVERBS 17:14 (Good News) "The start of an argument is like the first break in a dam; stop it before it goes any further."

PROVERBS 25:28 "A man without self-control is like a city broken into and left without the walls."

PROVERBS 4:14,17 "Do not enter the path of the wicked.....For they eat the bread of wickedness and drink the wine of violence."

ISAIAH 58:12 "And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, and the restorer of streets to dwell in."

ISAIAH 59:11 "We all growl like bears, we moan and moan like doves; we look for justice, but there is none; for salvation, but it is far from us."

ISAIAH 60:17,18 ".... I shall make your overseers peace and your taskmasters righteousness, violence shall no more be heard in your land ...."

ISAIAH Chapters 58, 59, and 60 would seem to represent excellent material for a dramatic reading in a worship service related to this topic.

THE NEW TESTAMENT: (R.S.V.)

MATTHEW 5:9 "Blessed are the peacemakers, for they shall be called the sons of God."

GALATIANS 5:22,23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law."

JAMES 1:19,20 "Know this, my beloved brethren. Let every man be quick to hear, slow to speak, slow to anger, for the anger of man does not work the righteousness of God."

EPHESIANS 4:26 "Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."

EPHESIANS 4:29 "Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear."

EPHESIANS 4:31 "Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

READING SUPPLEMENT:

Kraybill, Ronald S.; *Repairing The Breach-Ministering In Community Conflict:* Mennonite Conciliation Service.

A sample of Kraybill's material is as follows:

Shalom In The Old Testament: "Shalom is an expansive term. It describes much more than absence of conflict and points far beyond subjective inward personal experience. Shalom describes an entire state of well-being, health, happiness, material security, harmony with neighbors, justice, economic equality, and spiritual integrity. One can observe the following about shalom in the Old Testament"

1. "Shalom is central to God's intentions for human existence ...
   . . . (Num. 6:24-26; Lev. 26:3-10; Jer. 29:10-11; Ps. 34:14)"

2. "Shalom and 'salvation' are virtually synonymous. (Ps. 85:5; Ps. 119:165; Is. 32)"

3. "Shalom is found in relation to others; in seeking their well being. (Jer. 29:7; Ps. 34:14)"

4. "Shalom includes justice and God's children are to take an active hand in maintaining it. (Is.32:16-17; Jer. 6:14;8:11)"

5. "Shalom is more important to God than solemn worship. (Is. 58:1-2; Amos. 5:21-24)"

6. "God's new covenant will be a 'covenant of shalom'. (Ez. 37:26,27; Is. 2:2-4; Micah. 4:1-4) God's suffering servant will be 'Prince of Shalom'. (Is. 6:9)"

Jesus As Bringer of Shalom: " . . . . . bringing shalom, in the full Old Testament meaning of the term, was the heart of Jesus' mission."

A. "The expectations of others awaiting his birth describe Jesus in terms characteristic of the vision of shalom ... (Lk. 1:52-53; Lk. 1:73-75)"

B. "Jesus introduced himself as the bringer of the Old Testament vision of shalom ... (Lk. 4:18-19)"

C. "Jesus' life was a ministry of shalom."

Reconciliation In The Early Christian Church:

A. "Reconciling Jew and Gentile was a primary concern in the early church."

B. "New Testament authors repeatedly present the nature of God and Christ in terms of reconciliation. Various New Testament writers refer to God as the 'God of peace' ....and describe Jesus as the 'Lord of peace'... and to the Gospel as the 'Gospel of peace' . . ."

C. The Apostle Paul presents a 'theology of reconciliation'." To support this Kraybill refers to Col. 1:19-22; II Cor. 5:17-20; and Eph. 2:13-17.

Appendix X

Resources Required for the Family Violence Project

Family Violence: A Workshop Manual

Pro Forma Letter: Thanking participants

Project Evaluation forms

Family Violence

A Workshop Manual for
Clergy and Other Service Providers

Rev. Marie M. Fortune
Denise Hormann, MSW

The Center for the Prevention
of Sexual and Domestic Violence

Formerly published under the title,
Family Violence: A workshop
Manual for Rural Communities

The Center for the Prevention of Sexual and Domestic Violence is an education and training resource to the religious community whose purpose is to mobilize the resources in the religious community in response to sexual and domestic violence. It is located at 4250 South Mead St. Seattle, Washington 98118 (206) 725-1903.

This manual was prepared with support from Grant Number 79-DF-AX-0237 awarded to the Center for the Prevention of Sexual and Domestic Violence by the Law Enforcement Assistance Administration U.S. Department of Justice.

The views and opinions expressed in this document are entirely those of the Center for the Prevention of Sexual and Domestic Violence and not necessarily those of the Law Enforcement Assistance Administration, the Department of Justice, DHHS, NCCAN, or Aspen Systems Corporation.

A Response to Family Violence: An Overview and Reflection

This section was prepared as an introductory presentation for a one-day workshop. The form retained is that of the presentation itself.

I sense that there is an epidemic in our country - an insidious epidemic that is destroying families and individuals all around us. It is an epidemic of family violence. This sense comes from several sources:

- Newspaper headlines such as, "Man shoots children, wife, kills self." "Incest offender ordered to receive treatment." "Woman kills husband, claims self-defense."

- Phone calls we receive asking for help: from victims, from people who abuse, from ministers, friends and family members of victims.

- Increased media attention to family violence.

Family Violence Definition

We define family violence descriptively: that is we define it in terms of what actually is happening in people's lives. I would like to describe to you what we mean when we speak of family violence so that we can all approach the problem from a common foundation. The definition of family violence is broken into four parts:

* The first and most overt, is **physical violence.** Acts of physical violence include someone throwing an object at another person, pushing, slapping, beating, threatening or using weapons against someone. Physical violence may produce bruises, bodily or emotional scars, broken bones, broken relationships, broken lives, sometimes physical violence leads to suicide or homocide.

* **Psychological abuse** is the second form of family violence. Many people assume that psychological abuse refers to verbal agruments. In fact, acts of psychological abuse may be compared to acts of brainwashing that occur in wartime. Depriving a person of sleep or food and verbally undermining her/his sense of self-worth is an example of this form of abuse. In a concentration camp setting, a POW may be

awakened and forced to answer questions never knowing if the next time s/he is awakened s/he will be killed. Psychological abuse is effective because the victim of the abuse is also threatened with acts of physical violence. Victims of abuse often report that the psychological abuse feels worse than the physical abuse. (One woman reported that her husband made her get down on her hands and knees and bark like a dog. Although the woman had also been badly beaten, she felt this humiliation was the worst abuse she experienced.)

* The third form of family abuse is **sexual abuse.** When sexual abuse occurs between spouses, it is "marital rape." When sexual abuse is inflicted on children or teenagers by an older family member, it is incestuous assault. (This is most common between father and daughter.)

* **Destruction of property and pets** comprises the fourth category of family abuse. The destruction is very specific in that the object or pet harmed or destroyed belongs to the victim of the abuse. For example, when a woman is being abusive toward her husband, she may knock out the windows of his car with a hammer. If a man is abusive toward his wife, he might destroy the set of china handed down through her family or kill her dog. Children have described this abusive behavior to us as a means of "getting at someone" and making it look like an accident. For example, a young girl told me that when she is angry with her sister, she breaks something "accidently" by knocking it off her sister's shelf when she dusts the room.

My sense of an epidemic of family violence, as I have defined the problem, is sadly confirmed by current statistics:

✓ **A survey of Spousal Violence Against Women** in Kentucky found that 21% of over 169,000 married Kentucky women report having at least one incident of physical violence. 1 in 10 of them reported an incident occurred within the last year.

✓ Murray Straus conducted a nationwide survey of the extent of spouse abuse in the U.S. His results indicate that 1.8 million wives are beaten by their husbands each year. He states, that, "the true incidence rate is probably closer to 50 or 60% of all couples" as opposed to the 28% of couples willing to describe violent acts in a mass interview survey.

✓ The U.S. Department of Justice reports that the possibility of an actual attack and the likelihood of sustaining injury because of an attack increases the more intimate the victim-offender relationship.

✓ 1 out of 5 female children and 1 out of 11 male children will be sexually abused by the age of 18 years. Fifty percent of the sexual abuse of children is due to incest.

Acts of family violence - child sexual abuse and battering between family members - are all devastating acts whether inflicted on women or men, and regardless of the victim's age. Violent acts are most commonly inflicted on the most vulnerable members of society: women, children and the elderly. Acts of violence within the family victimize people where they are most vulnerable - in the context of their family where they expect nurturance, love and acceptance . . . . not abuse.

Thus, when these acts occur between family members, the violation of their bodies and spirits is greater than a similar occurrence between strangers. The trust which existed between people is destroyed. Psalm 55 speaks to this experience. (The following is excerpted.)

My heart aches in my breast,
Death's terrors assail me,
fear and trembling descend on me,
horror overwhelms me.

And I say,
"Oh for the wings of a dove
to fly away and find rest."
How far I would take my flight,
and make a new home in the desert!

Were it an enemy who insulted me,
I could put up with that;
had a rival got the better of me,
I could hide from him.

But you, a man of my own rank,
a colleague and a friend,
to whom sweet conversation bound me
in the house of God!

He has attacked his friends,
he has gone back on his word:
though his mouth is smoother than butter,
he has war in his heart:
his words may sooth more than oil,
but they are naked swords.

Unload your burden on to Yahweh,
who will support you;
and will never permit
the virtuous to falter.

Silence and Denial

People who confront family violence in their own lives need support and assistance to move forward and away from this destructive pattern. Otherwise, this experience may shape the rest of their lives by severley limiting relationships with others or by pushing them to become or continue to be an abuser of others.

Until recently the vicious cycle of violence has gone unchallenged. Society's response has been SILENCE AND DENIAL. We simply have not been able to acknowledge how widespread the problems are. Our silence has created a vicious cycle for victims of abuse and for people who abuse: **they often do not admit to the problem or seek help because of the stigma of family violence.** We in the religious community tell ourselves, "These things don't happen here, not to our people. A good Christian person would not be a victim. A good Christian person would not abuse someone else. Jewish families are not abusive."

People confronted with family violence also believe that these problems do not happen to "Good Christian or Jewish people." So, out of guilt and shame, the victims and abusers remain silent. Consequently, congregations and clergy continue to believe that "these things do not happen here."

Victims of abuse and the people who abuse sometimes do not seek help from community agencies because they fear that their religious questions will go unanswered. As a result, many of us never hear of understand the pain of either the abused or those who abuse. Our dialogue of silence communicates the message that family violence does not occur so long as we do not speak of it.

The "Survey of Spousal Violence Against Women in Kentucky" indicates that in 40-50% of the cases of physical spouse abuse the victims turn to no one for help. When they do seek out someone to discuss the problem they turn most often to a family member (61%) and/or a friend (49%). Of those who do seek help, a minister is contacted in 14% of the cases, a psychologist in 11%, a marriage counselor in 4%, and a social worker in 4%.

There have been times when people have come forth, seeking help, and as religious or secular helpers we have not been prepared to respond supportively. Consider what you have done or how you would now handle the following situations:

- A woman who is having trouble in her marriage and finally tells you she was raped at 11 years old.
- A teenager who runs away from home because of incestuous abuse.
- A mother who beats her children.
- A father who confesses that he is sexually abusing his children.
- A beaten woman, with a 3- and 4-year-old in your office, afraid to go home.

We may want to help, but find these situations overwhelming.

In addition, social service providers and the religious community have some painful history to overcome. Out history is distrust of one another and fear of working together. At times we have subjected the people who sought our help to even greater pain.

✓ The battered wife is held responsible for the violence and told to "go home and be a better wife; forgive him, he's confused."

✓ The mother is unchallenged for beating her children "because they need discipline."

✓ The father who abuses his wife and children and is not confronted because he is "head of the household" and can do as he chooses with "his" family.

Responses to the Problem

Today - locally, regionally, and nationally - many religious and secular groups are working together to provide services to people experiencing intra-family violence. Family violence affects us all, directly or indirectly. Each of us can help break the silence that shrouds family violence so that we can begin to confront the problem.

We did a 4-week workshop, 2 hours per week, with a ministerial association. In the third session one of the ministers stated that he learned of one rape case and two cases of incest in his congregation since the workshop began. He could not understand why people in his congregation were suddenly being victimized. We pointed out that he had announced from the pulpit that he was involved in a workshop on family violence, his congregation then recognized that he was interested in the problem and therefore would be open to talking about family violence.

A volunteer with our Speaker's Bureau works as a counselor with a community mental health center. Clients are asked several questions about their life experiences during the intake process, but no questions are asked about sexual or physical assault. The counselor started asking his clients whether they had ever been victims of physical or sexual assault. As a result, he learned that a majority of the clients who come to the mental health center for counseling have been victimized.

Family violence is a widespread social problem with serious ramifications for many people. As active and concerned people we need to respond to family violence in 3 ways: Pastorally, prophetically, preventively.

Pastorally

- We must **respond supportively** to those contronted with family violence.
- We need to **increase our skills and knowledge** about family violence.
- We need to be aware of **community resources** and willing to work together to provide needed assistance. **A cooperative response** acknowledges expertise within both the religious and secular communities.
- We need to be able and willing to deal with religious **concerns and questions** as they arise.

Prophetically

- By our **visible and vocal concern,** we can help overcome the conspiracy of silence which has surrounded family violence in the past. We may be a "voice crying in the wilderness", but we voice an important message to those who will hear. "People are not for hitting or abuse."

- We must clearly assert that **abuse of persons, particularly in the family,** is a blasphemy against the most sacred of God's creations, human beings.

Preventively

* **Education and clear messages** which support non-violence in families are needed.

* **Steps can be taken to prevent violence in families** through marriage preparation, parenting skills training, family life education.

Each of us can help to change the attitude which accepts family violence as inevitable - and which hesitates to discuss it because the problem is private or shameful. Some of the ways we can work together to provide assistance are:

- Developing a ministerial referral pool for people expressing religious concerns/questions.
- Giving financial assistance to programs.

- Volunteering on a task force or crisis line.
- Serving on boards of community agencies.
- Providing needed materials (blankets to shelters) to programs.

A Major social problem is making itself known to us. We can cooperate with others in the community to share in the healing task with broken people and families.

If we care about saving the family and our communities, we must address family violence. This workshop today is an important step, an opportunity for discussion and dialogue which is needed in every community. I am glad that each of you is here so that we can all be about this important work together.

The Person Who Batters

Battering in the family is a democratic activity: it occurs within all age, racial, socio-economic and religious groups. We would like to believe that battering happens only on **that** side of the town, in **that** congregation, to **those** people. Unfortunately, that is not so.

The following four categories are included in our definition of battering:

Physical Abuse. Physical abuse is the most overt form of battering and includes pushing, hitting, beating, inflicting injury with weapons, homicide, suicide.

Psychological Abuse. Psychological abuse is more than verbal arguments between family members. Psychological abuse can be compared to brainwashing: a person's self-worth is systematically destroyed through harassment, threats, deprivation of goods and sleep. One woman reported that her husband would wake her up when he arrived home at about 2 am every morning and force her to listen to his opinions on the state of the world, his job, her. She then had to get up at 7 am and go to work. In time, the loss of sleep and the fear of what her husband would do when he woke her up, wore her down psychologically.

Sexual Abuse. When sexual abuse occurs between spouses, it is "marital rape". When sexual abuse is inflicted on children or teenagers by an older family member, it is incestuous assault. (This is most common between father and daughter.)

Destruction of Property/Pets. The destruction of property/pets may be another way that a person who batters is abusive. The wife who is abusive toward her husband may take a hammer to the window of his car; the husband who is abusive toward his wife may break the china that was handed down to her from her grandmother. The destruction of the objects may also carry the message, "This time it's the car/ the china, next time, I could physically hurt you."

Any of these forms of abuse can be inflicted on any family member by any other family member: spouse against spouse, parent against child, sibling against sibling, adult child or teenager against older parent.
Today we are focusing on battering that occurs between spouses. I would like to begin by sharing information about the person who batters. We will examine the roots of the violent behavior, the battering cycle and the counseling concerns which need to be addressed by those working with violent people.

Roots and Dynamics

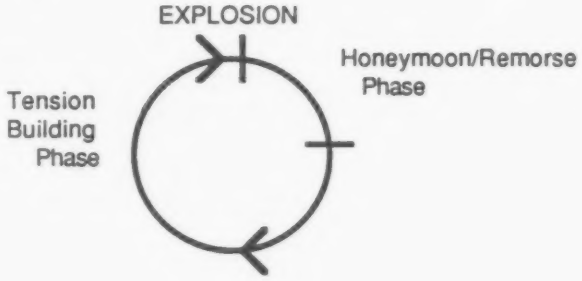
There are many sources of stress in our society - economic pressures, work-related stresses, lack of housing, stresses caused by intimate relationships, family pressures. Some people deal with stress by

crying, some problem-solve, some people withdraw, and so forth. Battering is **one** way of dealing with stress that **some** people have learned. Our society accepts the myth that we will all become violent when we are pushed to our breaking point. However, many of us respond to extreme pressure with non-violent behaviors such as those just mentioned.

Where do people learn to use violence against their spouses or other family members to deal with stress? Many people who batter learned this behavior from their own families. They may have seen abuse between their parents or been physically abused themselves. Their family experiences taught them that it is appropriate and safe to use abusive behavior within the family. Our society seems to condone violence with messages from many sources (including the religious community) which support and encourage violence, particularly when it is directed at weaker persons.

Family violence occurs as a frustration of limited tools for dealing with conflict and stress. The violence is **not** a function of the relationship between the person being abused and the person who is abusive. If a man batters his spouse who then leaves him, he will probably enter a new relationship and continue the abuse in the new relationship **because he has not learned to deal with the everyday conflict in his life except by striking out against his spouse.**

The Battering Cycle



Everyone experiences conflict and stress. Some people have ways of dealing with stress as it develops. Others, such as those who batter, have limited stress-reducing skills and the pressure builds up for them, like a pressure cooker. The stress can come from a variety of sources until the pressure becomes unbearable and there is an explosion. Following the explosion there may be a "honeymoon" phase during which the person who batters is repentent and promises never to batter again. One the other hand, some people deny that their violent behavior is inappropriate and deny any reponsibility for the battering - hence, omitting the "honeymoon" phase altogether.

There may be a period of calm following the battering incident. Eventually, the conflict and stress builds up and the person who batters again resorts to violence to temporarily relieve the pressure.

Using violence to relieve tension is done selectively. Even when work tensions comprise a major source of stress for spouse batterers, few apply physical violence against their supervisors - they recognize that they would be fired for abusive behavior in the workplace. Instead, the battering takes place in an environment where they think they can get away with it: the home.

Profile of the Man Who Batters

People who batter come from every imaginable social group, race, class, occupation, profession, geography, religious affiliation, age. The majority of people who batter are men. Although the research shows that women also batter, many instances of abuse by wives against husbands is in response to blows initiated by husbands.

Moreover, men practice the most dangerous and injurious forms of violence (beating, using a knife or gun) more than wives. A disproportionately large number of attacks by men seems to occur when the women are pregnant, thus posing a danger to the unborn child.

The following information about men who batter draws upon the work of Dr. Anne Ganley, Psychologist, American Lake V.A. Hospital, Tacoma, Washington.

Men who batter are not evil people. Many of them are very charming, very lovable, and valued as outstanding citizens in their community. Their violent behavior manifests itself only when the men experience high levels of stress. Friends and other family members may never see the violence because it is usually perpetrated in the privacy of the home. Many of the battered mates report that the men are very good fathers when they are not violent. Research indicates that about one-third of the men who batter their mates also beat their children.

Men who batter have a low tolerance for frustration and stress. They talk about having two speeds, (1) fine and, (2) rage. They rarely acknowledge emotions or feelings (e.g., joy, hurt, caring) between these two extremes.

These men need to be helped to identify and deal with a broader range of feelings before their emotions accelerate into rage.

Men who batter have low self-esteem. Many of them set unrealistic goals for themselves and then see themselves as failures when they do not achieve the goals. They regard themselves as failures whether or not they are seen as successful professionally to outsiders. The following story is an example of the unrealistic achievement standard those who batter set for themselves, told by a man who approached a minister after the minister had preached on family violence:

> The man stated that he had battered his wife for 10 years, until the abuse finally ended the marriage. Now he was working not be be abusive in other relationships. He told the minister, "There were just so many things I had to do with my life: I wanted to own my own house by the time I was 40 years old." Because he was unable to meet the goals he had set for himself, he imposed his anger and frustration on his family.

Men who batter also have unrealistic expectations of their partners. They believe that, "She should know what I want when I want it, and I shouldn't have to tell her."

Similarly, men who batter credit themselves with poor social skills. This is true even if outsiders regard them as "the life of the party."

Dependency

Men who batter are extremely dependent on the relationship with their spouse. They do not like their violent behavior but see no options to the behavior and no options to change in the relationship. However, they feel so dependent on the relationship that they are terrified by the possibility that their mate might do something to leave the relationship. The men rely so heavily upon their mates that they are willing to do anything to keep their mates, including killing them or maiming them. Just as the victims of abuse believe they cannot survive outside of the relationship, so do the people who abuse them.

Jealousy

Extreme jealousy and possessiveness toward the abused victim is symptomatic of the dependency of men who batter. These men want to completely control the person they abuse. A batterer rationalizes that he loves his spouse and wants to take care of her and that his controlling her life is for her own good. We had a case of a professional man who was battering his wife who worked as a clerk in a downtown office. He would call her every 20 minutes to find out what she was doing and to make sure that she was at her desk. At lunch he would go down and sit with her in the office and watch her eat because he was worried

that she would have an affair on her lunch hour it he did not watch her. As a result of this series of intrusions from her husband, the company felt that the woman's harassment distracted her from her job. The woman subsequently lost her job.

Depression

It is common for people who batter to be severely depressed, even suicidal, particularly if they realize that the victim of the abuse is taking steps to leave or change the situation. A group for abused women who wanted counseling but who did not want to leave their homes was formed. Eight women attended the first meeting. The husbands of two of the women committed suicide following the first session. Men who batter are at high risk, a danger to themselves as well as to other people. Newspaper headlines report: "Father kills two children, shoots wife and kills self." This story of homicide and suicide centers on a family whose history probably speaks of violence which escalated to a lethal conclusion.

Relationship between battering and Alcohol

Alcoholism and battering are two widespread problems in our society and there is a high correlation between them, however, one does not cause the other. There are those batterers who do not drink and alcoholics who do not batter. Dr. Ganley, American Lake V.A. Hospital, finds the following relationships between alcohol and battering in her caseload of men who batter: (1) men who are alcoholics and batter when they are drunk, (2) men who are alcoholics and batter whether they are drunk or sober, (3) social drinkers who batter, (4) men who are teetotalers and batter. For some men who batter, the battering behavior is closely tied with the abuse of alcohol, and alcohol treatment can successfully stop the violent behavior. However, there are many for whom **both** the alcoholism and the battering behavior must be dealt with or the violence will not stop. In these cases, treatment for one problem exclusive of the other will not stop both problems. For example, alcohol treatment alone for an alcoholic who batters, drunk or dry, will not stop the battering behavior: the man will now be a sober batterer.

Assess the relationship between alcohol and battering for each client. If necessary, refer the man to an alcoholism program. In addition, refer him for treatment for the battering behavior.

Discounting the Violence

Men who batter will minimize deny and lie about their violent behavior. Most of them cannot face what they are doing and so will internally as well as externally minimize the behavior. A man who batters may say and genuinely mean, "I only pushed her." His victim fell down the stairs and is in the hospital with a broken collarbone as a result. Men who batter need help to realize the consequences of their violence on other people's lives. If anyone seeks help from you for violent behavior, ask specific questions about the behavior and take the person seriously. The person seeking help is probably minimizing the extent of the violence.

Counseling Concerns

Assessment

Assess the danger and lethality of the battering situation. Ask clear, direct questions:

- Did you push her? Hit her? Hit her with an open hand? Closed fist?
- How often does this happen?
- When was the last time?

Find out how the person seeking help perceives the situation. Ask him, "What do you see as the most important problem(s)?" (Avoid using **feeling** or **touching** words.) "How would your life be different if you were not violent?" "How would your relationship change?"

Men who batter need the chance to talk about their problems with someone willing to work with them. They need to hear there is hope, that they **can** change their violent behavior. They need a clear message that the violence has to stop and that they have the power to stop it. The men need support from their congretation, minister/rabbi, friends and family. They need to hear that we are concerned **and** we do not condone the violent behavior.

Alternatives to Violence

People who batter often seek an instant solution, some action that "works" as quickly as hitting. One alternative that is both immediate and suspends the action is a "time out". A time out, a physical separation between the victim and the abuser, helps both of them. Sending the guy out for a walk to cool off is a solution sometimes used by police, it is a good idea except that the man faces the same problem when he returns. Taking a walk is one form that a "time out" can take. If the man returns and he is instantly angry, he must leave again. This continues until the man no longer wants to hit, or is so tired that he could not hit if he wanted to.

This "time out" or physical separation, can also be instituted for a longer period of time. A period of a few days to a few weeks allows the victim a time of rest from abuse and also encourages the abuser to consider the seriousness of the problem. During this "time out" the abuser may realize the importance of seeking help to end his violent behavior.

What the Men Need

Men who abuse need to hear that the violence must stop and that they have the power to stop it. They have probably been blaming the violence on the relationship, alcohol or other external factors. The message that they have the power to control their violence tells batterers that they have alternatives to hitting. When they feel angry or frustrated they can take a walk, call a friend, work out in the gym. Men who batter must understand that if they choose to hit over other alternatives, they are hitting **because they want to hit** not because they are out of control or have no options. People who work with men who batter often ask their clients to sign a contract that stipulates that the men will not hit and that they have the power to control their own violent behavior. This contract allows both parties to monitor the violent behavior.

Men who batter need to know that their is NO justification for violence in the family and that it has to stop. This message must come from a number of sources, family, friends, counselors, clergy, criminal justice workers. Families in which there is violence may need to deal with other important problems, but **first the violence stops.**

The men need to know about family violence, they need to know that **the problem is their violence:** they need to know about the battering cycle, and that violence is learned behavior, often learned from parents who were violent.

Furthermore, the men need to know that they are in control of their behavior. They need to know they are **not** hopeless and they **do** have the capability to change and to stop their violent behavior.

Motivation for Counseling

When men who batter seek help for their behavior they may do so in one of the following ways:

- A man seeks out a minister and says he wants to pray to be a better husband.
- A man contacts a shelter or mental health profesisonal and says his wife has left him and he wants help to get her back.

 A man sees an alcoholism counselor to help him stop drinking and abusing his wife.

However, few people who batter seek out help on their own to stop their violent behavior. Those who do refer themselves to therapy often leave after a few sessions.

The men who batter rarely want to deal with the problem of their violence and need to be pressured to do so.

The criminal justice system can be used as leverage to pressure people who batter into entering and completing therapy. We find that pressure from this source is usually needed to encourage the men to stay in treatment programs. This implies that we need to be more willing to use the legal system and, furthermore, we must press the criminal justice system for greater action in family violence cases.

Other Concerns

Men who batter need to decrease their dependence on their victims and they must reduce their own isolation from other people. Finally, the men need to learn to identify and accept **all** of their feelings and learn appropriate ways to express them.

Rarely is physical abuse the only unhealthy and unhappy element in a family which is marred by extensive violence. The men, their partners, and other family members may need other kinds of help including parenting skills, communication skills, assertiveness training, conflict management, and so forth.

We must emphasize that our first priority is ending the violence. The other concerns in the family cannot be adequately addressed as long as violence or the threat of violence is present.

Victims of Spouse Abuse

Visible Characteristics

I would like to start by describing common physical characteristics of battered spouses. These characteristics are also typical of people who are depressed, so they will probably be familiar to you in that context.

Frustration and Depression. Battered women often come across as being long-suffering, as having a martyr-like endurance of suffering and a high tolerance for frustration. Depression manifests itself in a variety of behaviors: hysteria, complaints about feeling depressed or tired, psychosomatic complaints (e.g., "I feel terrible; I'm not getting enough sleep; my back hurts; I seem to hurt all over.")

Social Isolation. Another visible characteristic of people who have been battered is a gradually increasing social isolation. By the time mental health people see them, these persons may literally have no network of support left. They no longer visit members of their families because the person who abuses them has said, "You know, everytime you see your family it really upsets me, and I don't think you should see them anymore." or, "That friend of yours is such a nag and drives me crazy, and I don't think you ought to ask her over here anymore."

After careful consideration with a counselor, a victim of battering may realize that there are some people still remaining in her social network; however, she initially will perceive that no one is available to support her. Those of us in the religious community may notice that this victim of battering comes to events and services less and less often.

Self-Destructive Patterns. Suicide is a critical problem with people who are victims of abuse. Their problem solving skills for ending the abuse are poor, and one of the solutions they see is to die. "I could kill myself and then it would be all over." or, "It would be better for my children if I were dead."

The victim of battering with suicidal tendencies may, infact, have a history of suicide attempts and so may not be taken seriously by mental health professionals. This person is also a high risk for both drug and alcohol abuse.

Characteristics Relating to Mate

Emotional and Economic Dependencies. The battered person is very dependent on her mate. She probably depends on him, not only emotionally, but financially as well. She may not have job skills. She probably has young children and feels as though she has bery few options open to her. Even when the victim of battering is working, the battering spouse probably controls most of the money.

In the film, *"Battered Women - Violence Behind Closed Doors,"* one of the abused women refers to "eternal hope," the unlimited patience for a magical formula which is going to solve all of the family's problems. Each of the four women portrayed has an unrealistic hope and belief in her partner's promises that the violence will never happen again. She clings to this hope because he tells her that he's going to change and she wants to believe this is true.

Distrist and Double-Binding. The batterer often accuses his spouse of being seductive, of having affairs. To prove that she is loyal, the battered spouse will continue to isolate herself, "I will prove to you that I am not being seductive with all those people; I will not even see those people, I won't be provocative at that party; I won't even **go** to that party."

The double bind that the abused spouse constantly finds herself in is that the batterer doesn't believe her no matter what she says or does.

The isolation, then, is a gradual process. Containment by her mate works because the woman believes that the reason for containing her is because he cares. He says, "I don't want you to go to the store. I'll do all the grocery shopping from now on. You know it's really hard on your back carrying all those groceries. What if the car breaks down on the way? You wouldn't know what to do."

The batterer constantly tells his spouse that he is doing all of these things because he cares about her. His comments also tell her that she can't take care of herself and that she needs him to take care of her.

Excuses and Self-Blame. The battered spouse will constantly rationalize about her spouse's violent behavior. The most common excuse is that he simply can't help it when he's violent. Numerous excuses are given for reasons: (1) he drinks, (2) he just "loses it" sometimes, (3) too much stress at work.

The battered spouse will accept guilt for her partner's violent behavior, trying to find something that she did to cause it.

It is common for people in any kind of crisis to make sense out of what happened (e.g., rape, death of a loved one). One of the ways that people who have been victimized attempt to take back control over their lives is to figure out what went wrong, resolving never to do that behavior again so that they will not be victimized again. Battered women try to figure out what **they can do** to make the violence stop.

Victim's Low self-Esteem. Finally, the battered woman has a poor sexual self-image. Her spouse may tell her, "You know, it's a good thing that I keep you arund because nobody else would want you." She believes what he says, partly because she has no one else around to contradict his messages.

How the Victims View Themselves

Identity Crisis. The victim of spousal assault is unsure of her own ego needs. What this means is that she is unsure of her own ego needs. What this means is that she is unsure of who she is. When she talks about herself she will probably define herself in terms of her marital relationship or her family. She will talk about being a mother, a wife. She will talk about picking up her children from school. When asked questions like, "What do you do to take care of yourself/" she may go blank, not knowing how to respond.

Loss of Boundaries and Assessment Skills. There is a gradual loss of the abused woman's own personal boundaires, and, often, her children's boundaries as well. She becomes unable to assess danger accurately. Although she may be seriously injured as a result of a beating, she is unable to recognize or face the fact that she is involved in a potentially lethal situation, one that may also be dangerous for her children. Some women are willing to acknowledge the danger of the situation only after abuse is directed toward their children. They may take steps at this point to be sure that the abuse does not continue.

We have been told by people who work in emergency rooms that people who have been battered show up only when there's blood. The sight of blood makes them realize the danger of the situation. If there are broken bones or internal injuries, these people often won't go to the hospital. Because they have lost touch with their physical boundairies, they may have lost touch with the feeling of pain.

Chronic Patterns. Human beings can get used to chronic abuse and battering is a chronic pattern. The women in the *"Battered Women"* film talk about, "This is my lot in life. This is the way that it is." Something amazing or incredible has to happen to jar a person out of thinking that the abuse is not a way of life that she has to accept.

The last issue I want to mention is the "generational view" which is part of the same chronic pattern. If women see their fathers beat their mothers, if they complain to others about being abused and are told, "That's too bad but that's the way it is," or if they tell others and are met with silence, they begin to accept violence as normal in families.

Victims of Spouse Abuse: Counseling Concerns

Take the Situation Seriously. First and foremost, whatever your role is in relation to the person who seeks you out for help, take that person seriously. **NO violence should be minimized.** Both people - the person who is the victim and the person who abuses will minimize the extend of the violence.

Ask Questions. If victims of abuse come to you and say, "Things aren't quite right in my relationship. My spouse got angry, more angry than usual," and she is upset (whether ot not she has bruises), find out what happened. Ask questions about what each of them does when they get angry. "How often do they get angry? What happens then? Have you ever been hit by him? Have you ever hit him?" If you at least ask questions to show that you take this seriously, it will probably be more than anyone else has done.

People may say, "This has never happened to me before, and it won't happen again!" Make the point that once the violence starts it doesn't stop. The violence will continue; it will probably increase, both in frequency and in intensity. This time the victim of abuse has bruises; who knows what will happen next time.

The Legacy of Family Violence. Explain the generational cycle of violence. Ask victims of abuse to consider what they are passing on to their children. Adults may decide that they are going to tolerate the violence and keep the family together. Inquire if this is really what they want to do because the legacy of violence is passed on "Is this what you want for your children?"

Assessment. Assessing the danger of the situation can be difficult. Ask several questions:
(1) What does that person see as the most important problem at this point in time? She may be sitting in your office or on your doorstep at midnight because she's been beaten and is afraid to go home. However, the most important problem she sees at that time is how she's going to pay the rent if she leaves the person who abuses her.

(2) Is she in jeopardy by seeing you? She may be in danger if she tells her spouse she started seeing someone for counseling.

(3) Does she have a place to stay? A woman called the Center. Her husband had sexually abused her daughter and the mother and children were leaving home. The mother called because she didn't know where to go. We asked if she could stay with family, her mother, his family? No, she couldn't think of any relative she could visit. We agreed to try to find her space in a shelter or safe home. She called back ten minutes later to say, "I've got it; I'm going to my ex-mother-in-law's."

Be Clear and Specific. Be clear with people when you feel the situation is lethal. Explain what you know about the battering cycle briefly. Express concern for what victims of abuse want to do: leave temporarily; remain in the situation and try to work things out; leave permanently, etc.

At the time the victim first sees you, maybe all she's willing to do is to make a plan for the future. Take time with her to make a plan: extra car keys, extra clothes at a neighbor's, step-by-step details on how she and the children would leave.

Time Away Helps. She may want to leave temporarily. We strongly encourage a physical **time out** -- time when the couple is separated from each other and both can do some thinking. If she's in crisis and never knows when the violence will begin again, her problem-solving skills are not good and she has not had time to do some clear thinking.

Image Building is Important. Helping people who are in violent families can be frustrating. Helpers will find themselves saying the same things many times. Know that every time you take time to explain and work on the problem you help to build up people a little more. We who are helping and counseling may not get the results we want at that time, but we help people build up themselves so that they will be able to take some steps farther down the road.

Probe. If you suspect abuse and people don't come right out and tell you about it, ask questions:

(1) How do you deal with anger in your relationship? Be specific.
(2) How did your parents deal with anger?
(3) How did/do you deal with anger with your sisters and brothers?

If a couple is preparing for marriage, ask the woman: What will you do the first time he hits you? Not **if, when**.

To the man: What will you do the first time she hits you?

It may be jarring for couples to have questions like these asked of them. But it is very helpful for them to hear each other say, "I won't tolerate abuse" or "I might stay following one incident but I'd never stay after that." A couple going into an intimate relationship needs to clarify with each other their feelings about anger, violence, and how they want to resolve conflicts.

If the couple is already married, ask: Has your partner ever hit you? If yes, when was the last time? What did you do when your partner hit you?

Follow-Up ---- The Future

Finally, it is in the follow-up, after the couple has started to deal with stopping the violence and the issue of whether or not they will remain together, that we start talking about the future of the victim of abuse and her partner and issues like self-esteem and independence. But first, **the violence has to stop.**

The Incest Offender

Today we are focusing on the offender who sexually abuses children within the family. I will present some information on child molesters in general, with specific attention on child molesters in general, with specific attention to the incest offender. I will then discuss issues that arise following disclosure of the abuse and suggest treatment approaches.

In his book, *Men Who Rape*, Nicholas Groth discusses the myths and realities of men who sexually abuse children. Included in his statements are the following facts:

- 71% of the men who sexually abuse children are under the age of 35.
- Most child molesters are of average intelligence and are not psychotic.
- The majority of molesters are known to their victims (The statistics vary: 70 - 85%)
- There does not seem to be any particular correlation between the use of alcohol and the abusive behavior.

These statements debunk the stereotype of the child molester as a crazy, retarded, alcholic, dirty old man.

Patterns of Offense

Groth identifies two basic patterns of offense. The first type of offenders (49%) respond exclusively to children - girls, boys, or both - and show no interest in adults for sexual gratification. These offenders Groth refers to as "pedophiles." Regardless of other sexual experiences, some of which may include sexual activity with adult peers, these offenders are primarily sexually attracted to children. These men are comfortable with their experiences with children and have little or no remorse about the contacts. They avoid sexual relations with adults out of fear of being rejected.

The second type of offenders (51%) regress to sexual encounters with children as the result of conflicts or problems in their adult relationships. Incest offenders are in this category. These offenders fail to cope with life stresses and impulsively offend against children when crises arise in their lives. Although they offend against children, these men are predominantly sexually oriented toward adults and the majority of them are married. When they offend they will suspend their usual value system (which condemns sexual abuse of children) or rationalize that what they are doing is all right. However, they are distressed by the abusive behavior and experience guilt, shame and remorse after an incident. Eighty-three percent of these men lead exclusively heterosexual lives and the remaining 17% are bisexual, although their preference is still for women. "It appears, then, that the heterosexual adult constitutes more of a threat of sexual victimization to the underage child than does the homosexual adult."

Profile of the Incest Offender

The incest offender is usually a male (98%) who is insecure and socially immature. He does not have social skills for relating to adults, particularly in intimate situations. Some of the offenders appear to be comfortable with their peers in social settings. Nonetheless, they are unskilled at satisfying their affection and attention needs through adults.

Most incest offenders are in a heterosexual relationship with another adult, married or in an ongoing relationship. The men report that they have access to sex with their adult female partners. Nevertheless, most of the incest offenders are ignorant about sexuality. What they do know they have learned from their peers, films, magazines, pornography - sources which have given them a distorted view of sexuality and its importance. It is not surprising, then, that these men have never learned how to interact in a mutually satisfying relationship with an adult and that these relationships do not satisfy their needs for being accepted.

Generally these men have rigid beliefs and authoritarian manners. They want to be head of the household, in control. They may justify their abusive behavior by saying, "This is my family, they do

what I say." When the offenders fear that the secret of the abuse may become public, they become more authoritarian and controlling. For example, a teen-age daughter who has been abused since the age of eight decides that she wants to have more contact with a group of friends and go places with them. Her father may respond by not letting her date or even leave the house to minimize her opportunities to reveal the abuse.

Incest offenders have very rigid moral codes, particularly regarding sexual behavior. Many of them would never go outside the family to have an affair with another adult, or go to a prostitute. They do not view their incestuous behavior as 'immoral' or unacceptable because it occurs within the family.

Offenders' Relationship to Children

The offenders use variations of two methods to gain sexual access to children. The first method used to pressure children for sexual activity is through enticement, encouragement or instruction. For example, "I'm going to teach you a special game that will be our secret," or "Feel my penis. It is all right to touch it; it makes me feel good," or, "If you let me just lie here a while I'll buy you something nice." The offender explains that what is important to him about the sexual relationship is that he feels special to the child; he wants the child to love and appreciate him.

The second method used to gain sexual access to children is through force, including threats, intimidation, or physical duress. These situations are comparable to rape in which sexuality is an expression of power and anger. For example, an offender may tell a child to do what he says or he will beat the child, or throw the child out of the home.

Threats are also used to buy the child's silence if pressure does not work. For example, "Don't tell anyone because you won't be believed and you will have to go to a foster home for lying." or, "If you tell, our family will be split up and it will be all your fault."

Incest offenders project their needs onto the children they abuse. They may fantasize that a child is lonely and needs companionship; in fact, the abuser needs companionship and attention. The offenders will tell themselves that they are trying to satisfy the child's needs when it is their own needs they are trying to meet.

These men have high expectations for themselves and see themselves as always falling short of these expectations. Whereas they perceive adults as being very demanding, they see children as not demanding, especially about sexual performance. Hence, they feel more relaxed with children.

They want the abuse to remain a secret and they know that they are likely to get away with their abusive behavior keeping it within the family.

Incest offenders betray their responsibility as caretakers, as adults who have responsibility for the welfare of children. They fake the advantage of children's vulnerability. They may rationalize their behavior by saying they are "teaching" the child about life and sex. They are, in fact, abusing the child.

Following Disclosure of the Abuse

Denial is usually an incest offender's first reaction to disclosure of the abuse. When confronted, the offender may respond, "That never happened." "The child is lying; you know we always have trouble with her/him." or, "I say it did not happen. Who are you going to believe, me or this child?"

An incest offender may attenpt to rationalize his behavior by blaming the child for the sexual contact. For example, "He came up to me and started rubbing against me" to describe why sexual activity occurred with a five-year old boy. "She was seductive and kept walking around in her nightgown," blaming the child for the subsequent abuse.

Sometimes an offender will acknowledge that something happened, but will minimize the situation. For example, "The child saw me getting in the shower, that is all that happened." The reality of the situation is that the offender molested a young boy in the shower.

Another way the offender may minimize the seriousness of the abuse is to say, "It was not serious. It only happened once and will never happen again." In fact, the abuse probably happened more than once; without treatment the offender will probably abuse again.

Some incest offenders admit what happened and say they are sorry for the abuse. They may want to pray about it and ask to be forgiven. They say the abuse will never happen again. These offenders may be very sincere about wanting to be forgiven and about their intentions to not abuse again. However, child molestation is compulsive behavior that is usually repeated unless the offenders undergo treatment. We believe offenders need to hear the message that **they need treatment to help them stop molesting children.** We also believe in the power of prayer as a support during this period and encourage clergy and congregations to be supportive of offenders as they go through the treatment process.

Treatment Approaches

In the past when sex offenders were convicted they were sent to prison for their crimes. Treatment programs are now offered in different parts of the U.S. for sex offenders as an alternative to imprisonment. Sex offenders rarely seek treatment voluntarily or complete the treatment if they do seek help on their own. Criminal prosecution may be used as leverage to insure that offenders receive treatment to stop their abusive behavior.

Below are two approaches to treatment of incest offenders:

One approach is to remove the offender from the home following disclosure of the abuse. This protects the child from further abuse and emphasizes that the offender is at fault and must take responsibility for the abuse. Treatment is then provided for the victim, the non-offending parent, and the offender. The offender has the option of returning home only when all parties involved in treatment of the offender agree that he is ready to do so and only if the child agrees to it. Alternatively, when the offender does not want to leave the family and other family members support his decision to remain in the home, the victim is removed to a foster home for protection. The child is returned home when the treatment providers believe that she/he will be safe there.

The second approach is to keep the father and mother together in the home and to remove the victimized child when the abuse is disclosed. Many who use this approach believe that removing the child from the home eliminates pressure from the family on the victim to change her/his story and makes a statement to other family members that the incest has occurred and is a serious problem.

Both approaches use the leverage of criminal prosecution to pressure the offender into treatment.

Family Violence Directed Against Children

When we refer to children as the victims of family violence we have to think the unthinkable, that children are physically, emotionally, and sexually abused by their caretakers. In 1962 Henry Kempe and his associates identified the "battered child syndrome" and made the problem of physical battering visible. Since that time service providers and researchers have recognized that the problem is greater than just physical battering. Today all states have laws requiring professionals and other people working with children to report cases of child abuse to state authorities.

The following is an overview of the definition of family violence as it relates to children. There are **four categories of violence: physical abuse, psychological abuse, sexual abuse, destruction of property and pets.**

There has been little attention paid to the problem of child abuse and neglect until very recently. As a result, we do not have reliable statistics. The National Center on Child Abuse and Neglect estimates that one million children are abused each year. Of these, 2,000 children die each year as a direct result of child abuse. **Physical abuse** of children includes non-accidential infliction of injury of physical harm to a child's body as well as failure to provide a child's needs for food, care, clothing, shelter or medical attention.

Psychological abuse usually accompanies physical abuse and may involve emotional neglect. When parents or caretakers act cold or rejecting toward a child or withhold love from a child, they are abusing their child psychologically. (Adults, by definition, are not dependent and therefore cannot **legally** be neglected.)

The third category is the **destruction of property and pets.** Thus far our experience has been that this type of abuse is usually inflicted on children by their siblings. When we tlk about family violence with adolescents and younger children we ask them how they respond when they get angry with a family member. Frequently, they express their anger by "accidentally" destroying an object or pet. These children know that they will probably not be punished if the damage is inflicted by accident. For example, a teenager told me that her weekly chore was to dust. When she was upset with her sister she would break one of her sister's belongings while dusting her room. Like most young people, this teenager knew that if she broke something on purpose or hit her sister she would get into trouble. Although the destruction of objects or pets may be made to look like an accident, it is still violence directed at a particular person. We do not teach children that feeling anger is acceptable, nor do we teach them appropriate ways to express their anger, especially within the family.

Sexual abuse of children is the fourth category of violence and the one we will be focusing on today. The National Center on Child Abuse and Neglect estimates that there are between 60,000 and 100,000 cases of child sexual abuse per year.

Definition of Child Sexual Abuse

Child sexual abuse is "The sexual exploitation of a child who is not developmentally capable of understanding or resisting the contact or who may be psychologically and socially dependent upon the offender."

Most of us want to believe that **all** children are loved, nurtured, and safe within their families. Unfortunately, we know that is not true.

Statistics indicate that 1 in 5 female children and 1 in 11 male children will be sexually molested by the age of 18. Approximately half of the sexual abuse of children is due to incest. Adolescents who run away from home cite sexual abuse at home as one of the top three reasons for leaving. Many of these young people are then raped by others while they are on the run or are coerced into prostitution. Most studies show that children are vulnerable to sexual abuse at all ages. However, child sexual abuse usually begins in the pre-adolescent years, ages 6-12.

Incest is sexual relations between members of the same family who are not married to each other. Incestuous assault is the sexual abuse of a child by members of the child's family. The sexual abuse may include fondling, sexual intercourse, or any act designed to sexually stimulate the child or to use the child for another's sexual stimulation. "Family members" includes parents, parent-figures (e.g., foster parents, mother's boyfriends,) siblings, cousins, grandparents, others.

Myths and facts

There is a myth that most of the sexual abuse of children is committed by homosexual men who molest boys. In fact, the majority of the victims are female and 98% of the offenders are male.

It is also a myth that children enjoy, provoke, or are partially responsible for sexual contact with adults. Children enjoy attention from adults and may seek out affection; they are not looking for sexual activity. Children need to be touched, hugged, praised. As adults, we can give children physical attention (e.g., hugging, games, wrestling) without molesting them. As adults, we may have perfectly normal sexual feelings for children; we must not act out these feelings. It is a crime for adults to have sexual relations with children -- and adults, not children, must be held responsible for this abusive behavior.

Another myth is that most of the sexual abuse of children is committed by strangers. In 85% of the cases the abuser is someone the child knows; in nearly half of the cases the abuser is a relative and most often is a father or father-figure to the child. We teach children not to take candy from strangers or get into cars with strangers.

These precautions against strangers are directed at only 15% of the sexual abuse of children. We must prepare children for what to do if someone they know, friend or relative, tries to molest them.

Finally, that non-violent sexual abuse is not emotionally traumatic, is another myth. Overt violence is rarely used by a child molester, so most of the sexual abuse of children might be labeled "non-violent." The offender usually starts by befriending the child, giving the child special attention and gifts. The physical contact aiso begins gradually and proceeds to fondling and finally genital contact. Intercourse may or may not occur. The offender tells the child that the sexual contact is their "secret" and that the child must not tell anyone. Although the abuse may be non-violent, it is impossible for children to give addequate, informed consent and their reactions to incest range from anxious, confused and/or overstimulated, to frankly fearful and overwhelmed. These reactions continue into adult life and may cause trauma for the victim of the abuse in several areas including intimacy, trust of authority, and peer relationships.

Counseling Concerns -- Victims of Child Sexual Abuse

Believe the Child. First and most important, if a child says anything about being sexually abused, believe the child. Many children never tell anyone about the abuse because they gear they will not be believed. Children are not taught how to express things that are bothering them, and they do not have the words to talk about what has happened to them. So children may tell their stories in ways that seem strange to adults. For example:

> A six-year-old boy was outside playing on his tricycle when his sister arrived home with a new friend. The little boy had never seen this friend before but he walked right up to her and said, "George down the street plays with dicks." His 14-year-old sister almost strangled him on the spot. The boy ran in the house and hid in a closet. When his mother found him he was crying and he said, "It's really true, Mom."

The child was saying that George had sexually assaulted him. He chose to tell a stranger so that if he was rejected he would not hurt as badly. It was much easier for the young boy to tell a stranger than to tell someone close to him for fear he would not be believed.

Believing the child is also important because children need to know that they will be protected from further abuse. We can say, "I believe you. I am glad you told me about this. I will make sure that person does not harm you again."

Isolation. Children who are victims of incest are isolated from their peers and from other family members. They often talk about feeling "older" than their peers because they know about and have been involved in sex. They are restricted from talking about the sexual abuse with anyone because the offender told them that what they are doing is a "secret". The "secret" is a burden that the children believe they must keep to themselves. Depending on the duration of this "secret", the children may move through childhood without developing peer relationships.

Trust/Authority. Parents have responsibility for children. Parents betray their responsibility and authority for children when they abuse them The abuse teaches children that they have no rights, especially the right to say "no" to abuse, and that someone else has control over their bodies. The abused children may decide that parents and other adults cannot be trusted.

Affection. Ideally children give and receive affection through hugs, wrestling, talking, laughing. Children who are victims of sexual abuse learn that sexual contact often accompanies or supplants affection.

Low Self-Esteem. Many children who are abused talk about feeling worthless. The sexual abuse destroyed any good feelings they had about themselves. In addition, the offender may tell them they are worthless but that the sexual activity will make them worth something, because they will be making someone (the offender) happy.

Disclosure -- Child Victims of Sexual Abuse

There are behaviors that may be indicators of abuse, particularly sexual abuse. These include loss of appetite, children regressing to behaviors that are inappropriate for a much younger child (e.g., thumb-sucking, bedwetting, excessive fearfulness). An overt indicator of sexual abuse is a child telling someone about her or his being abused.

Children and young people often have difficulty talking about the abuse. Adopt a straight-forward attitude to the child's disclosure of the abuse. Tell the child you believe her/him and you know what happened was not the child's fault. You are glad that she/he is telling you about what happened and you will work to ensure that the abuse ends. A child may not understand all that happened to her/him as is illustrated by the following example:

> A police officer interviewing a ten-year-old girl asked the girl if her father had ejaculated. The girl had no idea what the officer was talking about. The officer asked if her father had climaxed: the child remained silent. Then he asked her, "When you stood up afterwards did you feel wet between your legs?" She said "Oh yes, it grossed me out."

When the secret of abuse is made known, service providers must immediately contact other members of the family and try to work with them. If nothing is done immediately following the disclosure, the families frequently pressure the children to change their stories and not talk about the abuse.

Following the disclosure of the abuse the children have a variety of reactions and feelings. They may feel guillty - especially if the family tells them that the family is ruined, that the offender will go to jail, or that they are lying and have created trouble for the family. The victims will probably feel ambivalent about having told anyone about the abuse. They want the abuse to end, but may not want to be separated from the offender who may be their father or relative, or have offered the children special attention. Those around the children may assume that the children are glad to be away from the abuser and may not realize that, along with relief, the abused children may also experience grief.

Crisis-intervention counseling is an effective intervention for sexually abused children and their families. Long-term counseling is essential for the offenders. The victims may need long-term counseling, as well, especially if the abuse was committed by their father or if a lot of force was used by the offender.

Adults Who Were Victims of Incest as Children - Counseling Concerns

Unfinished Business. Adults who were victims of incest as children often experience a sense of "unfinished business" about the abuse. This may be demonstrated in a number of ways. Perhaps when they were abused they told someone and were not believed. As adults, they may need to tell their story to others who will respond to it with credibility.

Often the adults want to confront the offenders, particularly if the offenders were not contronted at the time of the abuse. The adult victims want the offenders to take full responsibility for the abuse and to relieve the victims of any feelings of guilt, ambivalence or confusion.

Acknowledge the victims sense of unfinished business and help her/him identify options for resolving the feelings. One option victims can exercise is to express the feelings in a letter to the person who abused them, demanding that the offender take responsibility for his/her actions. Later, they can decide whether or not to mail the letter, writing down all of the thoughts and feelings may be sufficient. If the victims choose to mail their letters to the offenders, they must be realistic about the possible results. On the one hand, an offender may admit to and take full responsibility for the abuse, on the other hand another offender may deny that the abuse ever happened and disassociate the victim from the family.

Isolation/Depression. Adults who were victims of incest may feel like they are the only people in the world to whom sexual abuse has occurred. Talking to others who have been through the same experience helps to break the feelings of isolation. Some of the victims are very depressed and contemplate suicide. They regard suicide as the only way to end their pain and alienation. Again, talking and sharing feelings with someone who has also been a victim of incest provides a sense of validation by others who know what the victims are going through and helps to mediate the victims' suffering.

Anger. Adults who were incest victims as children may experience anger, especially if the one who assaulted them has never been confronted with the abuse. The anger may be directed at the offender, at themselves, or at others. When the anger is directed at themselves they ask, "Why did I let the abuse continue for so long? Why didn't I tell someone?" The anger may be directed at others, particularly at their mothers: "Why didn't she stop the abuse?" Many of the victims assume that their mothers knew about the abuse and just let it continue, even though their mothers may not have even suspected that the abuse was occurring. Help the victims to direct their feelings of anger at the appropriate person; the person who sexually abused them.

Sexuality. Incest can have a negative, even destructive, impact on a victim's expression of his/her sexuality. Some victims report not being able to stand sexual contact or touch that reminds them of the abuse. Others talk about separating their emotions from their body, "going into a wall" and not feeling what happens during sex, this was the technique they used to disassociate from the abuse when it was happening. Some victims have no trouble with sexual relations but will comment that they will never let anyone get close to them emotionally. Sexual abuse victims may need help to distinguish between sexual abuse and mutual sexuality in order to begin viewing their own sexuality in a positive way.

Fears. As adults, victims of incest may continue to fear their offenders. They may fear for other young people who are around the offender and try to intervene in their behalf.

For Example:

A woman who was sexually assaulted by her father is now concerned for her nieces who live near her father. This woman wrote to her sister telling her for the first time about the abuse she had suffered and warned her sister to be careful to watch out for the nieces. Her sister wrote back and said, "Why are you telling these lies about Dad?"

Although this woman's sister did not believe her, the woman hopes that her sister will at least be a bit cautious when the nieces are around their grandfather.

Victim's of child abuse who have not thought about the abuse in a long time may find themselves feeling fearful or having nightmares when their own children reach the age that the victims were when they were first abused. The victims may decide to seek help for themselves at this point, to finish any unresolved feelings in order to deal with their fears for their children.

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Acknowledgements: as listed in the original material.

Hinton Society for the Prevention
of Family Violence
Box 492
Hinton, Alberta
TOE IB0

Dear

The Hinton Society for the Prevention of Family Violence would like to thank you for participating in STOP Family Violence month. Without the support of yourselves and the community as a whole, the events during November would not have been as successful as they were.

Now that the project is over, the task of evaluating is upon us. It is important that a thorough eveluation be done for three reasons:

1. We can judge if a similar project should be tried again in Hinton,

2. The funding source can judge whether to fund this type of project again, and

3. Other communities wishing to develop such a project can learn from our mistakes.

So you can help with the boring task of evaluating by completing the attached form. Provide any feedback that you have from first hand experience and if appropriate, feedback that you have heard from friends, family, clients, etc.

Thank you for this last request. If you have any questions, please give me a call.

Sincerely,

Katherine Kennedy
Co-ordinator

KK:slb
Att.

STOP FAMILY VIOLENCE MONTH
PROJECT EVALUATION

1. Was the STOP Family Violence project (in your opinion) effective in increasing public awareness about family violence? Yes _____ No _____

Comments _____

2. Do you have some suggestions on how to make a public awareness campaign such as this more effective?

3. Do you think such a campaign in Hinton should occur again? Yes ____ No ____
How often? Yearly ____ Bi-yearly ____ Once every 3 years ____

Comments_____

4. Do you think such a campaign would be effective for other communities?
Yes ____ No ____

Comments

5. (a) Did the project create an increase in your referrals? Yes ____ No ____

Comments _____

(b) Present caseload - was there disclosures or an increase in problems in relation to Family Violence due to awareness?

Comments_____

6. Did staff have enough time to handle the additional referrals or did it create a backlog?
   Yes ____ No ____

Comments

_____
_____
_____

7. Did your staff feel they had enough knowledge about family violence to handle the referrals?
   Yes ____ No ____

Comments

_____
_____
_____

8. Does your staff need more training in family violence, what type?
   Yes ____ No ____

Comments

_____
_____
_____

9. Could the Hinton Society for the Prevention of Family Violence be helpful to you in facilitating/co-ordinating information about family violence for your use? Yes ____ No ____
   If yes, what kind do you need?

_____
_____
_____
_____

10. Do you have some expertise/information to offer the society?
    Yes ____ No ____

Comments

_____
_____
_____
_____

11. Do you have any expectations as a result of STOP Family Violence Month?
    Yes ____ No ____

Comments_____
_____
_____
_____

STOP Family Violence Month
Evaluation Form

Please check off the most appropriate answer, there is a space provided below for comments:

1. Posters and pamphlets
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

2. Banners
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

3. Opening Ceremonies
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

4. School Activities (Poster and Slogan Contest), School Package and Puppet Show
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

5. Newspaper Articles
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

6. Shopping Mall Displays
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

7. Family Day
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

8. Placemats in Restaurants
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

9. Booklets
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

10. Seminars/Workshop
    ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

11. Information Assembly at High School
    ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

12. Lip Sync Contest
    ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

13. Promotional Material (Balloons, Visors, T-Shirts, Magnets, Pencils)
    ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

14. COMMENTS:

STOP Family Violence Month
Evaluation Form (Elementary Schools)

Please check off the most appropriate answer:

1. Poster Contest
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

2. Slogan Contest
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

3. Ventriloquist Show
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

4. Pencils/Coloring Sheets/Quiz
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

5. Teaching Resource Package
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

6. Were there any activities held outside your school, which you attended that you have any comments about? Eg: Family Day, Banners, Etc.

STOP Family Violence Month
Evaluation Form (Churches)

Please check off the most appropriate answer:

1. Our church participated in STOP Family Violence Month. Yes ( ) No ( )
   If yes, please answer the following:

2. The clergy delivered a sermon regarding some aspect of Family Violence.
   Yes ( ) No ( )

3. Did any of your auxiliary services (youth or adult) hold any events or discussions during STOP Family Violence Month? Yes ( ) No ( )

4. Did you experience any specific conditions/situations concerning Family Violence?
   Yes ( ) No ( )

5. Did you encounter any situations where a referral was necessary?
   Yes ( ) No ( )

6. Were the referrals made to ( ) church lay counsellors or ( ) outside agencies?

7. Were there any events held outside of the church that you would like to comment on?

Comments:

STOP Family Violence Month
Evaluation Form (High School)

Check off the most appropriate answer:

1. Lip Sync Contest
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

2. Informational Assembly
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

3. Slogan Contest
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

4. Banners
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

5. Teaching Resource Package
   ( ) Outstanding ( ) Satisfactory ( ) Needs Improvement ( ) No Feedback

6. Were there any events going on outside your school which you attended, that you would like to comment on?